

**AN ANALYSIS OF GRAMMATICAL CONSTRUCTIONS OF NOUN
CLAUSES FOUND IN SELECTED INFO ARTICLES OF *HELLO*
MAGAZINE**

A THESIS

BY

TRIANA LESTARI

REG. NO. 090705023



DEPARTMENT OF ENGLISH

FACULTY OF CULTURAL STUDIES

UNIVERSITY OF SUMATERA UTARA

MEDAN 2013

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TRIANA LESTARI

REG. NO. 090705023

SUPERVISOR

CO-SUPERVISOR

Dr. Hj. Masdiana Lubis, M. Hum

NIP. 195706261983032001

Dra. Persadanta Br. Karo, M. Hum

NIP. 196102041986011004

**Submitted to Faculty of Cultural Studies University of Sumatera Utara Medan
in partial fulfillment of the requirements for the degree of Sarjana Sastra from
Department of English**



**DEPARTMENT OF ENGLISH
FACULTY OF CULTURAL STUDIES
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Approved by the Departement of English, Faculty of Cultural Studies
University of Sumatera Utara (USU) Medan as thesis for the Sarjana Sastra
Examination.



Head,

Secretary,

Dr. H. Muhizar Muchtar, MS

NIP. 195411171980031002

Dr. Hj. Nurlela, M.Hum

NIP. 195904191981022001

Accepted by the Board of Examiners in partial fulfillment of requirements for the degree of Sarjana Sastra from the Department of English, Faculty of Cultural Studies University of Sumatera Utara, Medan.

The examination is held in Department of English Faculty of Cultural Studies University of Sumatera Utara on Thursday, 15th August 2013.

**Dean of Faculty of Cultural Studies
University of Sumatera Utara**

Dr. H. Syahron Lubis, MA

NIP. 19511013 197603 1 001

Board of Examiners

Dr. H. Muhizar Muchtar, MS

Dr. Hj. Nurlela, M.Hum

Dr. Masdiana Lubis, M. Hum

Dr. Ridwan Hanafiah, SH. MA

Rahmadsyah Rangkuti, MA. Ph.D

AUTHOR'S DECLARATION

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Signed:

Date : 26 October 2013

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I dedicated this Thesis to:

*My beloved amazing to my Father H. Syamsunar
Thank you for unconditional love,
Thank you for your great life,
Thank you for the care and heart
for me,
I always remember and love you.*

*My beloved Mother Hj. Rosmini
The sacrifice you perform for me
will never be in vain, Mom.
I thank god because I have a
mother like you, I know he has a
great plan for us,
Thank you for everything you have
done for me.*

My beloved Brothers Tonny Hermawan & Syaiful Ramadhan

***Thank you for the care and heart
for me.***

And

My Future Husband

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Triana Lestari
Reg. No. 090705023

ABSTRACT

This thesis entitled **An Analysis Of Grammatical Construction of Noun Clauses Found in Selected Info Articles of *Hello Magazine***, discusses about the grammatical construction of noun clauses found in three selected info articles of *Hello Magazine*. There are three problems discussed in this thesis; the noun clause elements, the noun clauses patterns and the noun clauses patterns that do not follow the grammarians' rule. The objectives of this study is to find out the elements that are used to form noun clauses so that the noun clauses patterns can be determined and to find out whether there are noun clauses patterns that do not follow the grammarians' rule. The explanations proposed by Frank in *Modern English* (1972), Wren and Martin in *High School English Grammar & Composition* (1990) and Greenbaun and Quirk in *A Students' Grammar of the English Language* (2003) used as the main references to analyze the grammatical construction of noun clauses. The method used in this thesis is descriptive qualitative method by focusing on the content analysis.

Based on the analysis of 68 noun clauses of the three selected info articles of *Hello Magazine*, it is found that there are 14 elements used to form noun clauses; subordinators, subjects, verbs, objects, complements, adverbials, nouns, adjectives, prepositions, "It", "Be", adjective clauses, adverbial clauses and to infinitive. It is also found that there are 29 types of noun clauses patterns; where those 29 noun clauses patterns are divided into 6 categories; pattern I consists of 12 variations of noun clauses patterns, pattern II consists of 2 variations of noun clauses patterns, pattern III consists of 1 noun clause pattern, pattern IV consists of 2 variations of noun clauses patterns, pattern V consists of 2 variations of noun clauses patterns and pattern VI consists of 10 variations of noun clauses patterns. It is also found that there are 10 patterns that do not follow the grammarians' rule of the 29 noun clauses patterns found.

ABSTRAK

Skripsi ini berjudul **An Analysis Of Grammatical Construction of Noun Clauses Found in Selected Info Articles of *Hello Magazine***, membahas tentang konstruksi gramatika dari *noun clause* yang ditemukan dalam tiga artikel info dari majalah *Hello*. Terdapat 3 hal yang dibahas, antara lain; elemen pembentuk *noun clause*, pola *noun clause* dan pola yang tidak sesuai dengan yang disarankan oleh *grammarian*. Tujuan dari analisis ini adalah untuk menemukan elemen pembentuk *noun clauses* sehingga dapat ditentukan pola dari *noun clause* itu sendiri serta untuk mengetahui apakah ada pola yang tidak sesuai dengan aturan yang disarankan oleh *grammarian*. Untuk menganalisis *noun clauses* digunakan beberapa rujukan, yaitu Frank dalam buku *Modern English* (1972), Wren dan Martin dalam buku *High School English Grammar & Composition* (1990) dan Greenbaun and Quirk dalam buku *A Students' Grammar of the English Language* (2003). Metode yang digunakan dalam skripsi ini adalah metode deskriptif kualitatif dengan memfokuskan pada metode kajian isi.

Dari hasil analisis terhadap 68 *noun clause* yang ditemukan dalam tiga artikel info dari majalah *Hello* ditemukan 14 elemen pembentuk *noun clause*, yaitu *subordinator*, *subject*, *verb*, *object*, *complement*, *adverbial*, *noun*, *adjective*, *preposition*, “*It*”, “*Be*”, *adjective clause*, *adverbial clause* dan *to infinitive*. Temuan lainnya yaitu, terdapat 29 jenis pola *noun clause* yang terbagi ke dalam 6 kategori, yaitu pola I yang terdiri atas 12 variasi pola *noun clause*, pola II yang terdiri atas 2 variasi pola *noun clause*, pola III yang terdiri atas 1 pola *noun clause*, pola IV yang terdiri atas 2 variasi pola *noun clause*, pola V yang terdiri atas 2 variasi pola *noun clause* dan pola VI yang terdiri atas 10 variasi pola *noun clause*. Dari ke-29 pola *noun clauses* yang ditemukan, terdapat 10 jenis pola *noun clause* yang tidak sesuai dengan yang disarankan oleh *grammarian*.

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LIST OF ABBREVIATIONS

Sub	(Subordinator)
S	(Subject)
V	(Verb)
O	(Object)
C	(Complement)
A	(Adverbial)
N	(Noun)
Adj	(Adjective)
Prep	(Preposition)
Adj.Cl.	(Adjective Clause)
Adv. Cl.	(Adverbial Clause)
Inf.	(Infinitive)

CHAPTER I

INTRODUCTION

1.1. Background of the Study

Language plays a very important role in the human beings life. It is one of communication tools that human needs to share what they are thinking about, for example, to share ideas and express thoughts, human's needs, wishes, intentions and desires. In short, language is used in order to communicate one with another.

As a tool of communication, language is structured in the form of grammatical construction. Grammatical construction means the way in which words are used together and arranged to form a sentence, phrase etc. (Hornby, 2000:279). Every language is built in different grammatical construction because language is used for different variety needs. One of the examples of grammatical construction can be found in newspaper language as the part of printed media. Goumovskaya in her posting "*The Use of Language in Newspapers*" retrieved from (<http://eng.1september.ru/2007/12/eng.css>) states "Newspaper language is

recognized as a particular variety of style, characterized by a specific communicative purpose and its own system of language means. It includes a system of interrelated lexical and grammatical that means to serve the purpose of informing, instructing and of entertaining the reader”. The basic characteristics of news lie in their syntactic structure as a form of grammatical construction. One of these characteristics is complex sentences with a developed system of clauses, e.g.

If you have OCD, you probably recognize that your obsessive thoughts and compulsive behaviors are irrational - but even so, you feel unable to resist them and break free. (Hello Magazine, Feb 2011)

The above sentence consists of 5 clauses:

- If you have OCD.
- You probably recognize.
- That your obsessive thoughts and compulsive behaviors are irrational.
- But even so, you feel unable to resist them.
- You feel unable to break free.

From the above example, I can state that language cannot be separated from clauses because clause is one of language elements besides phonemes, morphemes, words, phrases and sentences. Clauses are not only one of the elements of language but also part of sentence as Wren and Martin (1990: 3) state “Clauses are a group of words which forms a part of a sentence and contains a subject and predicate.” There are many kinds of clauses; one of them is noun clause.

Noun clause is a kind of dependent clauses. It is a group of words which contains a subject and a predicate of its own, and does the work of a noun (Wren and Martin, 1990: 196), for example, noun clauses can be found in the above sentence:

If you have OCD, you probably recognize that your obsessive thoughts and compulsive behaviors are irrational - but even so, you feel unable to resist them and break free.

The noun clause is: ***that your obsessive thoughts and compulsive behaviors are irrational.***

As a part of language, a noun clause also has its own grammatical construction. Frank (1972: 283) states that in a noun clause, the full subject and predicate are retained, but the structure is changed by the addition of a special introductory word, by a special word order, or by both. Therefore, the noun clause elements simply consist of introductory word or can be called a subordinator, subject and verb because noun clause is a dependent clause that consists of a full subject and a predicate of its own and is introduced by the introductory words such as *that*, *wh-pronoun* and *if/whether*, so the simplest pattern of noun clause is:

Sub + S + V +.....
That, wh- pronoun, if/whether

For examples:

1. She asked **whether we would return.**

The noun clause in the above sentence is *whether we would return.*

She asked **whether** **we** **would return.**
 Sub S V

The construction of the noun clause above is Subordinator (Sub), Subject (S), Verb (V). The word *whether* functions as Subordinator, the word *we* functions as Subject and the word *would return* functions as Verb.

2. **How he will get the money** is his own affair.

The noun clause in the above sentence is *how he will get the money*.

<u>How</u>	<u>he</u>	<u>will get</u>	<u>the money</u>	is his own affair.
Sub	S	V	O	

The elements of the noun clause above is Subordinator (Sub), Subject (S), Verb (V) and Object (O). The word *how* functions as Subordinator, the word *he* functions as Subject, the word *will get* functions as Verb and the word *the money* is an Object.

3. He decides **that he will leave for Jakarta soon.**

The noun clause in the above sentence is *that he will leave for Jakarta soon*.

He decides	<u>that</u>	<u>he</u>	<u>will leave</u>	<u>for Jakarta soon.</u>
	Sub	S	V	A

The elements of the noun clause above is Subordinator (Sub), Subject (S), Verb (V) and Adverbial (A). The word *that* functions as Subordinator, the word *he* functions as Subject, the word *will leave* functions as Verb and the word *for Jakarta soon* is an Adverbial.

Noun clauses may be classified according to the kinds of sentences which they are derived; those are statements, questions, requests and exclamations. Each of them can be used in different nominal function, for examples, the following noun clauses are derived from the same sentence; that is a statement (Frank, 1972: 283).

4. Sentence root: Statement: Coffee grows in Brazil.

From the above sentence, we can form noun clauses that can function as:

- Subject: **That coffee grows in Brazil** is well known to all.

- Subject after “It”: It is well known **that coffee grow in Brazil.**
- Object of Verb: I know **that coffee grows in Brazil.**

Noun clauses that are derived from the same sentence not only can have different function but also different construction, for examples:

5. Noun clause from statement function as subjective complement

The first faulty assumption is **that fatness is caused by lifestyle.** (*Hello Magazine, March 2011*)

The first faulty assumption is that fatness is caused by lifestyle.

The construction of the clause is Sub + S + V + Prep + O

6. Noun clause from statement function as object of verb

The best way to do this is to recognize ***that prejudice behavior has many forms*** that all people act with prejudice occasionally. (*Hello Magazine, January 2011*)

The best way to do this is to recognize that prejudice behavior has
 Sub S V
many forms
 C

The construction of the clause is Sub + S + V + C

7. Noun clause from statement function as appositive

For example, the idea **that fat makes you fat**. (*Hello Magazine*, March 2011)

For example, the idea that fat makes you fat.

The construction of the clause is Sub + S + V + C

Because of these variations, I am interested to analyze it as the object of analysis in my thesis. I choose to analyze the grammatical construction of noun clauses because it is important to know what elements are used to construct noun clauses whether there is a difference between one construction and another. Grammatical construction is the basic. It is impossible to know that such a kind of clause can be categorized as a noun clause if we do not know the elements inside. It is not enough if we only know what it is called noun clauses, their types and function. We also should know what elements used to construct it that is represented in the form of noun clause pattern.

Besides that, I want to know whether the noun clauses construction found in the selected articles of *Hello Magazine* has followed the rules as the grammarians suggest or not, for examples:

8. Science is now showing ***that in order to lose weight and maintain that weight you need to give yourself about an hour a day.*** (*Hello Magazine*, Feb 2011)

Science is now showing **that in order to lose weight and maintain that weight**

	Sub	Adv. Cl.
	<u>you need to give yourself about an hour a day.</u>	

The noun clause of the above sentence is ***that in order to lose weight and maintain that weight you need to give yourself about an hour a day.*** The elements of the clause are **Subordinator** and **Adverbial Clause**. This pattern does not follow the grammarians' rule because the subordinator is followed by an adverbial clause not a verb. As we know, the grammarians' rule of the noun clause pattern is subordinator then followed by a subject and a verb (Frank, 1972: 283).

9. The fact is ***that fatness most often is due to heredity and metabolism*** and no everyone can be as thin as they want to be, no matter how strong their commitment is. (*Hello Magazine, March 2011*)

The fact is that fatness most often is due to heredity and metabolism
Sub S A V Prep C

The noun clause of the above sentence is ***that fatness most often is due to heredity and metabolism***. The elements of the clause are **Subordinator, Subject, Adverbial, Verb, Preposition** and **Complement**. This pattern does not follow the grammarians' rule because the subject is followed by an adverbial. Actually the subject should be followed by a verb.

In this thesis, I use magazine as the source of data. Magazine is publication that is printed with ink on paper and generally published on a regular schedule and containing a variety of content (<http://en.wikipedia.org/wiki/Magazine>). The magazine that I take as the source of data is *Hello Magazine*. *Hello Magazine* is a magazine that is published monthly by Widya Niti Bahasa Foundation to provide English Learners of any background study (especially the youth) with good reading materials. I choose it because the language in the magazine is easy to understand especially for the one who wants to study English. Besides that, the articles that are served in the magazine are good to be read. Articles are a piece of writing in magazine or newspaper. Since there are so many articles found in *Hello Magazine*, I will take the data purposively only from three selected info articles.

1.2. Problem of the Study

The problems of the study are described as the following:

1. What elements are used to construct noun clauses found in selected info articles of *Hello Magazine*?
2. How many noun clause patterns are found in selected info articles of *Hello Magazine*?
3. Are the noun clause patterns found in selected info articles of *Hello Magazine* followed the grammarians' rule or not?

1.3. Objective of the Study

Derived from the problems of the study, I want:

1. To find out the clause elements used to construct noun clauses found in selected info articles of *Hello Magazine*.
2. To find out the number of noun clause patterns found in selected info articles of *Hello Magazine*.
3. To find out whether the noun clauses patterns found in the selected articles of *Hello Magazine* has followed the grammarians' rule or not.

1.4. Scope of the Study

It is important to make a scope or limitation of the analysis to help me only focus on the aspect discussed. In this thesis, I limit the analysis on the grammatical

construction of noun clauses found in three selected info articles of *Hello Magazine*, those are *Prejudices and Stereotypes* Vol.301 January 2011, *Learn More About OCD* Vol.302 February 2011 and *Don' Be Fat* Vol.303 March 2011.

1.5. Significance of the Study

The significances of the study can be both theoretical and practical. It means, the result of a study could be beneficial for developing knowledge and insight and also can be applied for daily living.

Based on the statement above, this study has two major significances. First, this thesis is expected to enlarge the writer's and reader's knowledge about grammatical construction of noun clauses. Second, it is expected to be the reference for people especially the students who want to analyze the noun clause construction.

CHAPTER II

REVIEW of RELATED LITERATURE

In doing this analysis, some supporting theories related to the topic of analysis are highly needed. I use some books that are related to the topic analysis such as the *Modern English* by Marcella Frank (1972), *High School English Grammar and Composition* by Wren and Martin (1990) and *A Students' Grammar of the English Language* by Greenbaun and Quirk (2003). I also use some other books and gain some information from internet as the adding or supporting the theories.

2.1. Grammatical Construction

The word *grammar* in fact comes from the Greek *grapho*, meaning 'write' (Leech, Deuchar and Hoogenradd, 1985: 4). It is the system of the language that consists of certain rules that allow us to put words together in certain ways which are represented in the form of grammatical construction. Grammatical construction means the way in which words are used together and arranged to form a sentence,

phrase etc. (Oxford dictionary, 2000:279). Words that are used together and arranged to form a sentence, clause or phrase are called the parts of speech.

2.2. Parts of Speech

Words are divided into different kinds or classes, called parts of speech, according to their use; that is, according to the work they do in a sentence. There are eight kind parts of speech: noun, adjective, pronoun, verb, adverb, preposition, conjunction and interjection (Wren and Martin, 1990: 3).

2.2.1. Noun

A noun is a word used as the name of a person, place or thing. The underlined words in the following are the examples of noun:

- (5). Akbar was a great king.
- (6). Calcutta is on the Hooghly.
- (7). The rose smells sweet.

2.2.2. Adjectives

An adjective is a word used to add something to the meaning of a noun. The underlined words in the following are the examples of adjective:

- (7). He is a brave boy.
- (8). There are twenty boys in this class.

2.2.3. Pronoun

A pronoun is a word used instead of a noun. The underlined words in the following g are the examples of pronoun:

- (9). John is absent, because he is ill.
(10). The books are where you left them.

2.2.4. Verb

A verb is a word used to say something about some person, place or thing.

The underlined words in the following are the examples of verb:

- (11). The girl wrote a letter to her cousin.
(12). Calcutta is a big town.

2.2.5. Adverb

An adverb is a word used to add something to the meaning of a verb, an adjective or another adverb. The underlined words in the following are the examples of adverb:

- (13). He worked the sum quickly.
(14). This flower is very beautiful.

2.2.6. Preposition

A preposition is a word used with a noun or a pronoun to show how the person or thing denoted by the noun or pronoun stands in relation to something else.

The underlined words in the following are the examples of preposition:

- (15). There is a cow in the garden.
(16). The girl is fond of music.

2.2.7. Conjunction

A conjunction is a word used to join words or sentences. The underlined words in the following are the examples of conjunction:

- (19). Rama and Hari are cousins.
(20). I ran fast, but missed the train.

2.2.8. Interjection

An interjection is a word which expresses some sudden feeling. The underlined words in the following are the examples of interjection:

(21). Hurrah! We have won the game.

(22). Alas! She is dead.

2.3. Sentence

Frank (1972: 220) states that a sentence is a full predication containing a subject plus a predicate with a finite verb. Its arrangement may be symbolized by such formulas as S V O (subject + verb + object), N₁ V N₂ (noun + verb + noun), or NP + VP (noun phrase + verb phrase). Furthermore, Frank (1972: 222) divides the kinds of sentences based on the number of full predications. This classification is based on the number and kind of clauses within a sentence. There are four kinds of sentences based on the number of full predication; they are simple, compound, complex and compound-complex sentences.

2.3.1. Simple Sentence

Simple sentence is the sentence which has only one full predication in the form of independent clause, such as:

(23). The man *stole* the jewelry.

2.3.2. Compound Sentence

Compound sentence is the sentence which has two or more full predications in the form of independent clauses, such as:

(24). The man *stole* the jewelry and he *hit* it in his home.

The above sentence consists of two independent clauses, they are:

- The man stole the jewelry.
- He hit it in his home.

2.3.3. Complex Sentence

Complex sentence is the sentence which has two or more full predications where one of these is an independent clause (main clause) that is similar to the form of simple sentence and one or more of these are dependent clause (subordinate clause), such as:

(25). The man who stole the jewelry hid it in his home.

2.3.4. Compound-Complex Sentence

Compound-complex sentence contains two or more independent clause and one or more dependent clause, such as:

(26). The man stole the jewelry and he hid it in his home until he could safely get out of town.

2.4. Clause

A clause may be defined in the same way as a sentence: it is a full predication that contains a subject and a predicate with a finite verb (Frank, 1972: 222). While, according to Wren and Martin (1990: 3) a clause is such a group of words which forms part of a sentence and contains a subject and a predicate. The clause is the key unit of syntax, capable of occurring independently (without being part of another unit) (Biber, Conrad and Leech, 2004: 46).

2.4.1. Clause Elements

Clause elements are phrases that serve syntactic role in the clause (Biber, Conrad and Leech, 2004: 47). In general, there are five elements of clause as described below (Greenbaun and Quirk, 2003: 207):

a. Verb (V)

The verb is always realized by a verb phrase. It is normally present in all clauses, including imperative clauses (where the subject is absent). The verb determines what other elements (apart from the subject) may or must occur in the clause (Greenbaun and Quirk, 2003: 207). For examples:

(27). We drank lots of beer last night.

(28). He eats the cake.

b. Subject (S)

The subject is typically a noun phrase. It normally occurs before the main verb in declarative clauses and after operator in *yes-no* interrogative clauses. It determines the number and person, where relevant, of the verb. In infinite clauses requires the subjective form for pronouns that have distinctive case form (Greenbaun and Quirk, 2003: 207). For example:

(29). We drank lots of beer last night. (*We* is the subject of the sentence)

c. Object (O)

The object of a sentence is usually a noun phrase. It is usually the element that is 'on the receiving end' of whatever action is being described by the verb and usually appears after the subject and verb in a sentence. There are two kinds of object, namely direct and indirect object. Anything which directly receives the action of the verb is a direct object (DO) (Greenbaun and Quirk, 2003: 207). For example:

(30). We drank lots of beer last night.

In this example, '*lots of beer*' is a direct object - it is the 'thing' that was drunk.

Anything that does not directly receive the action of the verb but is still somehow 'on the receiving end' is an indirect object (IO). For example:

(31). My Mum gave my sister a large cheque.

In this example, '*my sister*' is an indirect object, since she was not the thing that was given, but is, in a way, on the receiving end of the action of giving.

d. Complement (C)

The complement is also usually a noun or pronoun. In clause syntax, the complement is anything which adds to the meaning of the subject (subject complement) or object (object complement). Subject complement usually follows the verb. (Greenbaun and Quirk, 2003: 207). For examples:

(32). She is *a doctor*.

(33). That smells *heavenly*

Object complement usually follows the direct object. For examples:

(34). Football makes me very happy.
DO

(35). The voters elected Clinton president of the USA.
DO

e. Adverbial (A)

A sentence can have one or many adverbial elements. Adverbials can be used in several different positions within the sentence, and express a range of meanings (time, place, manner, degree - like adverbs). Adverbials can be adverb phrases, prepositional phrases or even nouns and noun phrases (Greenbaun and Quirk, 2003: 207). For example:

(36). We drank lots of beer last night.

In this sentence 'last night' function as the adverbial.

2.4.2. Kinds of Clauses

There are two major kinds of clauses, namely independent and dependent clauses.

a. Independent Clause

The independent clause is a full predication that may stand alone as a sentence (Frank, 1972: 222). Independent clause is a clause which is not part of any larger clause structure. The independent clause also can be called main clause. A main clause usually consists of a subject (the thing being identified for comment) and a predicate (the comment about the subject). The predicate in a main clause is a finite verb. A main clause is a clause that can stand alone as a complete sentence. There are four major types of independent clauses, namely declarative clause, interrogative clause, exclamative clause and imperative clause (Biber, Conrad and Leech, 2004: 249).

b. Dependent Clause

Dependent clauses or subordinate clauses are the clause that cannot stand alone as a sentence. The dependent clause has a special introductory word that makes the predication “depend” on an independent clause. In a dependent clause, the full predication is altered in such a way that the clause must be attached to another clause, an independent clause. There are three types of dependent clauses, named according to their function in the sentences:

a.. Adverbial Clause, it is used as adverbials in the main clause, for example:

(37). *If you go to a bank*, they'll rip you off.

b.. Adjective Clause, it always adjectival in function, for example:

(38). The boy **whose book I borrow** is my brother's friend

c. NounClause, it performs nominal function, for example:

(39). I know **where she lives**.

2.5. Noun Clauses

A noun clause is a group of words which has a subject and predicate of its own. A noun clause does the work of a noun. In a noun clause, the full subject and predicate are retained but the structure is changed by the addition of a special introductory word, by a special word order or by both (Frank, 1972: 283). These changes permit the noun clause to fill the same positions and to serve the same functions as nouns. For examples:

(40) a. She told me a story.

b. She told me *that I had won a prize*.

In sentence (40 a), the object of verb *told* is *story* which is a noun.

In sentence (40 b), the object of verb *told* is the group of words '*that I had won a prize*' which is a clause that does the work of a noun. Hence it is called a **noun clause**.

A noun clause is a structure that is often used in both spoken and written English. It may be used anywhere a noun is used: as subject, as direct object, or as object of a preposition, for example. What the noun clause allows the speaker to do is more fully describe or emphasize an idea because a single noun has no such capacity, for example in the following passage, W. H. Auden uses numerous noun clauses (the noun clauses are italicized).

In the folk tale, as in the Greek epic and tragedy, situation and character are hardly separable; a man reveals *what he is* in *what he does*, or *what happens to him* is a revelation of *what he is*. In modern literature, *what a man is* includes all the possibilities of *what he may become*, so that *what he actually does* is never a complete version. (Dunham and Summers, 1986: 165).

2.5.1. Types of Noun Clauses

Noun clauses may be classified according to the kinds of sentences from which they are derived – statements, questions, requests and exclamation (Frank, 1972: 283-284).

a. Noun Clauses from Statements

Frank (1972: 286) states that noun clauses from statements are introduced by the conjunction “that”. They may have any nominal function except that of object of a preposition. For example:

(41). Sentence root: Statement: Coffee grows in Brazil.

From the above sentence we can form noun clauses that can function as:

- Subject: **That coffee grows in Brazil** is well known to all.
- Subject after “It”: It is well known **that coffee grow in Brazil.**
- Subjective Complement: My understanding is **that coffee grows in Brazil.**

- Object of Verb: I know **that coffee grows in Brazil.**
- Appositive: His belief **that coffee grows in Brazil** is correct.

b. Noun Clauses from Questions

Frank (1972: 293) states that there are two kinds of noun clauses derived from questions, they are:

1. Noun clauses derived from questions beginning with an auxiliary verb (yes-no questions)

In noun clauses derived from questions beginning with an auxiliary verb (yes-no questions), the introductory word *whether* or *if* is added to the question. For example:

(42). Sentence root: A question expecting yes or no answers: Will he get the money?

From the above sentence we can form noun clauses that can function as:

- Subject: **Whether (or not) he gets the money** doesn't concern me.
- Subjective Complement: The question is **whether he gets the money.**
- Object of Verb: Do you know **whether (or if) he will get the money?**
- Object of Preposition: We were concerned about **whether he would get the money or not.**

2. Noun clauses from questions beginning with interrogative words

In noun clauses from questions beginning with interrogative words like *who(ever)* and *when(ever)*, the interrogative word itself serves as the introductory connector. For example:

(43). Sentence root: Who will go with you?

From the above sentence we can form noun clauses that can function as:

- Subject: **Who will go with you** will be decided by your mother.

- Subjective Complement: The question is who will go with you.
- Object of Verb: I know who will go with you.

❖ Word Order in Clauses from Questions

Frank (1972: 287) states that in noun clauses from questions, the subject and verb have normal word order after the introductory word rather than question order.

	Noun Clauses			Original Question
	Introductory word	Subject	Verb	
I don't know	whether	he	did it.	Did he do it?
	when	they	are coming.	When are they coming?

c. Noun Clauses from Request

Like noun clause from statements, noun clauses from requests are introduced by *that*. Such clauses occur most frequently as objects of verbs which express the degree of urgency, advisability or desirability such as *advise, ask, beg, command, demand, desire, forbid, insist, move, propose, recommend, request, require, suggest* and *urge* (Frank, 1972: 297). The verbs in noun clauses from request usually take the present subjunctive form, as in:

- (44). The doctor *recommended* **that he take a vacation.**
Verb of present subjunctive

d. Noun Clauses from Exclamations

Frank (1972: 299) states that noun clauses from exclamations are introduced by the same words that introduce exclamation – *what (a)*, *how*. The word order of exclamations is preserved in these noun clauses. Noun clauses from exclamations occur chiefly as objects of verbs or prepositions. For example:

(45). Exclamation : What a beautiful figure his wife has!

Noun clause: He is always boasting about **what a beautiful figure his wife has**.

(Noun clause **what a beautiful figure his wife has** functions as the object of preposition “*about*”)

2.5.2. Functions of Noun Clauses

Frank (1972: 283-284) states that the noun clauses can function as the subject, subjective complement, object of verb, object of preposition, appositive and subject after “It”.

a. Noun Clauses as Subjects

The first grammatical function that noun clauses can perform is the subject. Subjects are defined as words, phrases, and clauses that perform the action or act upon the predicate. For example, the following italicized noun clauses function as subjects:

(retrieved from: <http://www.linguisticgirl.com/grammatical-functions-of-english-noun-clauses/>)

- (46). *How you will finish all your homework on time* is beyond me.
(47). *That the museum cancelled the lecture* disappoints me.

b. Noun Clauses as Subjective Complement

The second grammatical function that noun clauses can perform is the subjective complement. Subjective complements are defined as words, phrases, and clauses that follow a copular verb and describe the subject. For example, the following italicized noun clauses function as subjective complements:

(retrieved from: <http://www.linguisticsgirl.com/grammatical-functions-of-english-noun-clauses/>)

- (48). The truth was *that the moving company lost all your furniture*.
(49). My question is *whether you will sue the company for losses*.

c. Noun Clauses as Object of Verb

The third grammatical function that noun clauses can perform is the object of verb especially the transitive verb. For example, the following italicized noun clauses function as object of verb:

(retrieved from: <http://www.linguisticsgirl.com/grammatical-functions-of-english-noun-clauses/>)

- (50). Do you know *when the train should arrive*.
(51). Our dog eats *whatever we put in his bowl*.

d. Noun Clauses as Object of Preposition

The fourth grammatical function that noun clauses can perform is as the object of preposition. For example, the following italicized noun clauses function as object of preposition:

(retrieved from: <http://www.linguisticsgirl.com/grammatical-functions-of-english-noun-clauses/>)

(52). We have been waiting for *whoever will pick us up from the party*.

(53). My husband did not think about *that I wanted some nice jewelry for my birthday*.

In the following complex sentences, the noun clause comes after an intransitive verb construction:

- The child was afraid **that he would fall down**.
- They felt sorry **that they lost the match**.

According to Wren & Martin (1990: 204), it will be seen that the preposition *of* and *for* necessary to connect the intransitive verb construction to the succeeding noun clause in each of the above sentence is omitted. If we put a noun or a gerund instead of the clause, we would say *afraid of*, *sorry for* and the noun or gerund will be the object of the preposition in each clauses. The noun clause in each of the complex sentence may also be regarded as the object of the missing preposition after the intransitive verb construction.

e. Noun Clauses as Appositives

The fifth grammatical function that noun clauses can perform is the appositive. Appositives are defined as words, phrases, and clauses that describe or explain another noun phrase. For example, the following italicized noun clauses function as appositives: (retrieved from: <http://www.linguisticsgirl.com/grammatical-functions-of-english-noun-clauses/>)

(54). The problem, *that the storm knocked out power*, is affecting the entire town.

(55). Your question, *whether you should wear the blue dress or pink one*, is frivolous in the situation.

According to Frank (1972: 290) such clauses are in apposition with the nouns derived from verbs or adjective, that normally take *that* clauses, for example:

- The announcement **that all flights were canceled because of bad weather** greatly distressed the waiting passengers. (The noun *announcement* derives from the verb *announce*).

A few nouns followed by that appositive clauses are not derived from such verb or adjectives such as *axiom, circumstance, fact, hypothesis, idea, news, notion, principle, reason, theory and thesis*, for example:

- His notion *that whatever he does is right* is very irritating to his wife.

f. Noun Clauses Function as Subject after “It”

The sixth grammatical function of noun clauses is as subject after “it”, for example:

(56). *It* is obvious **that you love me**.

(57). *It* is important **that you should know the current news**.

2.5.3. Subordinators Used To Introduce Noun Clauses

Noun clauses are defined as subordinate or dependent clauses formed by subordinators followed by a clause. Subordinators are the most important device of subordination, especially for finite clauses. Here are the subordinators used to introduce noun clauses (Azar, 1993: 263):

a. Noun clause beginning with interrogative words such as *when, who, where, whom, why, what, how, which* and *whose*

The following are the examples of noun clause introduced by *interrogative words* (Azar, 1993: 264):

(58). I don't know **where she lives**.

Where she lives is the noun clause of the above sentence. It is the object of the verb **know**. In a noun clause, the subject precedes the verb. Do not use question word order in a noun clause.

(59). I don't know **who she is**.

The noun clause **who she is** is derived from question 'who is she?'. **She** is the subject of the question, so it is placed in front of the verb **be** in the noun clause.

(60). **What they should do** is obvious.

A noun clause subject **what they should do** takes singular verb (e.g., **is**).

Some *interrogative words* such as *who(ever)*, *what(whatever)* and *which(ever)* can function as pronouns within the clause they introduce (Frank, 1972: 295). They can function as subject of the noun clause they introduce, for example:

(61). I know **who is going with you**.

In this sentence, *who* is the subject of the noun clause it introduces. The clause itself is direct object.

(62). I don't know **who lives there**.

The noun clause **who lives there** is derived from question '*who lives there?*'. The word order is the same in both the question and the noun clause because **who** is the subject in both.

b. Noun clauses beginning with *whether* and *if*

Hancock (2005: 164) states that noun clause will sometimes emulate yes/no question as well as wh-questions. When they do, they are introduced by *if*, *whether* or *whether or not*. For examples (Azar, 1993: 268):

- (63). a. I don't know ***whether she will come***.
b. I don't ***know if she will come***.

The noun clause ***whether she will come*** / ***if she will come*** derives from the question 'Will she come?'.
When a yes/no question is changed to a noun clause, ***whether*** or ***if*** is used to introduce the clause.

When a yes/no question is changed to a noun clause, ***whether*** or ***if*** is used to introduce the clause.

- (64). a. I wonder ***whether or not*** she will come.
b. I wonder ***whether*** she will come ***or not***.
c. I wonder ***if*** she will come or not.

c. Noun clauses beginning with *that*

Noun clauses are quite often introduced by *that*. The following are the examples of noun clauses introduced by *that* (Azar, 1993:270):

- (65). a. I think ***that he is a good actor***.
b. I think ***he is a good actor***.

In (a): ***that he is a good actor*** is a noun clause. It is used as the object of verb ***think***. The word ***that***, when it introduces a noun clause, has no meaning itself. It simply marks the beginning of the clause. Frequently it is omitted, as in (b), especially in speaking.

❖ Omission of THAT

According to Frank (1972: 291) in informal speech, *that* is frequently omitted from object clauses if the meaning is clear without it. For example:

(66). He says (*that*) *they plan to come to the dance*.

Furthermore, Frank (1972: 291) states that a subject clause retains *that* when the clause is in subject position. For example:

(67). *That she doesn't understand spoken English* is obvious.

When the subject clause appears after anticipatory *it*, however, *that* may be omitted.

For examples:

(68). *It* is a pity (*that*) she is so narrow-minded. (Compare with *That she is so narrow-minded is a pity*.)

(69). *It* is believed (*that*) the escaped convicts are in hiding nearby.

That may also be omitted from clauses after predicate adjectives. For examples:

(70). I'm sorry (*that*) I couldn't meet you at the station.

(71). It's not certain (*that*) she can help us.

2.5.4. Noun Clause Patterns

Pattern is a model or guide for making something. So, here, noun clause pattern is needed as a guide to construct a noun clause. As Frank (1972: 283) states that in a noun clause, the full subject and predicate are retained, but the structure is changed by the additional of a special introductory word, by a special word order or by both. Therefore, the noun clause elements simply consist of introductory word, subject and verb since noun clause is a dependent clause that consists of a full subject

and a predicate of its own and is introduced by the introductory words such as *that*, *interrogative words*, *if/whether*. So the basic pattern of noun clauses is:

- **Introductory word (Subordinator) + S + V +**
That, wh-pronoun, if/whether

For example:

(72). She said that she wants to go.
Sub S V inf

The noun clause in the above sentence is *that she wants to go*. It derives from statements and functions as the object of verb ‘*said*’ as the past form of the verb ‘*say*’. The pattern is **Sub + S + V + Inf**. Here, the introductory word ‘*that*’ functions as subordinator that introduces the noun clause because the noun clause *that she wants to go* has its own subject ‘*she*’.

While, on the other hand, some *interrogative words* such as *who(ever)*, *what(whatever)* and *which(ever)* function as pronouns within the clause they introduce (Frank, 1972: 295). They can function as subject in the noun clause, so the pattern of noun clauses which are introduced by these wh-pronouns is:

- S + V +
who(ever), what(whatever), which(ever)

For example:

(73). I know who will do the work.
S V O

The noun clause in the above sentence is *who will do the work*. It derives from questions functions as object of the verb ‘*know*’. It has the pattern of **S + V + O**. Here, introductory word ‘*who*’ has a role within the clause, that is as a subject of the clause it introduces.

The following is the pattern of noun clause after "It":

- **It + be + adjective/noun + noun clause** (Wren and Martin, 1990:383). For examples:

(74). It is strange **that he should behave like that.**
Adj.

(75). It is a pity **that you didn't try harder.**
N

On the other hand, the pattern of noun clause derived from requests usually take the present subjunctive (Frank, 1972: 297). So, the pattern is:

- **That + Subject + the simple form of the verb +** (Wren and Martin, 1990: 75)

For example:

(76). Her father *insists* that she speak English well.
Sub S V O Adv
(the simple form of the verb)

The pattern of noun clauses derived from exclamations are same with the pattern of exclamatory sentences as Frank (1972: 299) states noun clauses from exclamations are introduced by the same words that introduce exclamation – *what* (*a*), *how*. The word order of exclamations is preserved in these noun clauses. The following are the pattern of noun clause derived from exclamation:

- **what + (adjective) + noun + (subject + verb)** (Wren and Martin, 1990:385).

For example:

(77). He is always boasting about what a beautiful figure his wife has.
Sub Adj N S V

- **how + adjective/adverb + subject + verb** (Wren and Martin, 1990:385).

For example:

(78). I am amazed at how beautiful his wife is.
Sub Adj S V

2.6. Relevance Study

In completing this thesis, I consult to the related analysis based on the noun clause pattern to support this thesis, such as:

Himmawati (2008) in her paper “*Pola Urutan Frasa Pada Klausa Nominal Bahasa Inggris Dan Bahasa Indonesia*” states that “*Klausa nominal bahasa Inggris mempunyai pola urutan frasa yang tetap: S-V sedangkan pada klausa nominal bahasa Indonesia mempunyai pola urutan frasa S-P atau P-S karena hadirnya partikel tertentu*”. (English noun clauses have the constant phrase order pattern that is S-V while Indonesian noun clauses have the phrase order pattern of S-P or P-S because of certain particle).

CHAPTER III

METHODOLOGY

3.1. Research Method

Method is needed in doing a research. Method means a particular way of doing something (Oxford Dictionary, 2000: 837). In this thesis, I apply the qualitative method by focusing on the document analysis. Moleong (2006: 6) states that “*Penelitian kualitatif adalah penelitian yang menghasilkan prosedur analisis yang tidak menggunakan prosedur analisis statistik atau cara kuantifikasi lainnya.*”

(Qualitative research is a research whose analysis procedures does not used the procedures of statistic analysis or the other quantifications). Furthermore, Moleong (2006: 9) states that “*Penelitian kualitatif umumnya menggunakan metode kualitatif yaitu pengamatan, wawancara atau penelaahan dokumen.*”(In general, qualitative research used three qualitative method such as observation, interview and documentation analysis). In this thesis, I focus on documentation analysis.

3.2. Data and Data Source

In doing the analysis, I as the researcher surely need data and source of data. “*Kata data berasal dari ‘datum’ yang berarti materi atau kumpulan fakta yang dipakai untuk suatu analisa, diskusi, presentasi ilmiah atau tes statistik.*” (The word data derived from ‘datum’ which means material or fact used for an analysis, discussion, presentation or statistic test).

(http://carapedia.com/pengertian_definisi_data_menurut_para_ahli_info505.html)

The data I used for the analysis are all noun clauses found in three selected info articles of *Hello Magazine*.

According to Lofland and Lofland (1984: 47) in Moeleong (1989:112) “*Sumber data utama dalam penelitian kualitatif ialah kata-kata, dan tindakan selebihnya adalah data tambahan seperti dokumen dan lain-lain.*” (The main data source in qualitative research are words and act while the other is the adding data such as documents etc.).

Furthermore, “*Moleong (1989: 112) membagi jenis data ke dalam kata-kata dan tindakan, sumber data tertulis, foto dan statistik.*” (Moleoeng (1989: 112) divides the types of data into words and act, written data source, photo and statistics.)

Based on this statement, I choose one of the types of data. I choose the written data source as the source of data for this thesis. Moleong (1989: 113) states *“Dilihat dari segi sumber data, bahan tambahan yang berasal dari sumber tertulis dapat dibagi atas sumber buku dan majalah ilmiah, sumber dari arsip, dokumen pribadi dan dokumen resmi.”* (Seen from the source of data, the adding data from written source can be divided into books and magazine, archive, personal documents and legitimate documents).

Magazine as one of the written documents is taken to be the source of data. Magazine is publication that is printed with ink on paper and generally published on a regular schedule and containing a variety of content (retrieved from <http://en.wikipedia.org/wiki/Magazine>). *Hello Magazine* is a magazine that is published monthly by Widya Niti Bahasa Foundation to provide English Learners of any background study (especially the youth) with good reading materials. I choose it because the language in the magazine is easy to understand especially for the one who wants to study English. Besides that, the articles that served in the magazine are good to be read. Articles are a piece of writing in magazine or newspaper. Why I only choose info articles because it can give us some information about something that we didn't know before or in other words we can get knowledge by reading info articles.

Since there are so many data, so data to be analyzed are taken purposively as Moleong (1989: 165) states *“Pada penelitian kualitatif tidak ada sampel acak tetapi sampel bertujuan (purposive sampling)....”* (Qualitative research does not need random sampling but purposive sampling....). Purposive sampling means that the sampling taken based on the research focus (Moleong, 1989:166). So, in this case, the data are taken purposively only from three selected info articles because many

noun clauses are found in these three articles, they are *Prejudices And Stereotypes*’ from Vol. 301 January 2011, *Learn More About OCD*’ from Vol. 302 February 2011 and *Don’t Be Fat*’ from Vol. 303 March 2011.

Table 3.2.1
Data Source

Articles	Title of Article	Edition	Pages
Article 1	Prejudices and Stereotypes	Vol. 301 January 2011	26-28
Article 2	Learn More About OCD	Vol. 302 February 2011	10-12
Article 3	Don’t Be Fat	Vol. 303 March 2011	18-21

3.3. Data Collecting Method

Moleong (1989:240) states “*Teknik pengumpulan data yang pertama-tama digunakan pada umumnya ialah wawancara, kemudian pengamatan, pengumpulan dokumen dan sebagainya.*” (Data collecting methods which are usually used are interview, observation, document collecting etc.). Based on Moleong’s statement above, I use the observation as the data collecting method. Observation means the act of watching somebody or something carefully for a period of time, especially to learn something (Oxford Dictionary, 2000: 910).

3.4. Data Analysis Method

According to Moleong (1989: 103) “*Analisis data adalah proses mengorganisasikan dan mengurutkan data ke dalam pola, kategori, dan satuan uraian dasar sehingga dapat ditentukan tema dan dapat dirumuskan hipotesis kerja seperti yang disarankan oleh data.*” (Data analysis is a process of data organizing and ordering into a pattern, category and unit so the theme can be determined and the

work hypothesis can be formulated as the data suggested). Since the data used in this analysis are document, so the data analysis method is the content analysis. Weber (1985: 9) in Moleong (2006: 220) states that “*Kajian isi adalah metodologi penelitian yang memanfaatkan seperangkat prosedur untuk menarik kesimpulan yang sah dari sebuah buku atau dokumen.*” (Content analysis is a research method that used some procedures to get the exact conclusion of a book or document).

There are some steps to do the data analysis:

- The first step is to read the three selected info article then finding out the noun clauses in each articles.
- After collecting the noun clauses, I classify the noun clauses based on its type and functions as suggested by Frank (1972: 283-284).
- The next step is to find out the clause elements in each noun clause as suggested by Frank (1972: 283 & 295), Greenbaun and Quirk (2003: 207) and Wren & Martin (1990: 3-4, 75, 383 & 385).
- After that, determining the noun clause patterns based on the clause elements found as suggested by Frank (1972: 283 & 295) and Wren & Martin (1990: 75, 383 & 385).
- After that, I find the noun clause patterns that do not follow the grammarians' rule as suggested by Frank (1972: 283 & 295) and Wren & Martin (1990: 75, 383 & 385).
- Finally, I draw a conclusion as the result of the analysis.

Example of the data analysis:

The noun clause taken from article 1 “*Prejudices and Stereotypes*” in Vol. 301 January 2011:

When he meets Al, an athletic gay man, he assumes **that Al is not a typical representative of gay people.**

He assumes that Al is not a typical representative of gay people.

Sub S V C

The noun clause in the above sentence is ***that Al is not a typical representative of gay people.*** It derived from statements and functions as the object of verb ‘*assume*’. The elements of the clause are **Subordinator, Subject, Verb** and **Complement**. The word “*that*” functions as Subordinator, the word “*Al*” functions as Subject, the word “*is not*” functions as Verb in the form of negative present and “*a*

typical representative of gay people” is Complement. So, the pattern of the noun clause above is **Sub S V C**.

CHAPTER IV

ANALYSIS AND FINDING

4.1. Data Description

The data used in this thesis are all noun clauses taken from three selected info articles of *Hello Magazine*, those are Article 1 *Prejudices and Stereotypes* from Vol. 301 January 2011, Article 2 *Learn More About OCD* from Vol. 302 February 2011 and Article 3 *Don't Be Fat* from Vol. 303 March 2011. I get 68 noun clauses of the three selected info articles. I classify the 68 noun clauses into its type and function to make the analysis organized well. The following table will illustrate it.

Table 4.1.1
The Number of Type of Noun Clauses

Data Source		Type of Noun Clauses				
Articles	Title of Article	Statement	Question		Request	Exclamation
			Yes/No	Interrogative word		
Articles 1	Prejudices and Stereotypes	20	-	-	-	-
Articles 2	Learn More About OCD	14	-	2	-	4
Articles 3	Don't Be Fat	22	-	4	-	2
Total		56	-	6	-	6

The 68 noun clauses are divided into four types of noun clause; those are statement, questions (yes/no and interrogative words), request and exclamation. There are 20 noun clauses from statements in Article 1 *Prejudices and Stereotypes*. It is also found that there are 14 noun clauses from statements, 2 noun clauses from question beginning with interrogative words and 4 noun clauses from exclamation in Article 2 *Learn More About OCD*. Besides that, it is also found that there are 22 noun clauses from statements, 4 noun clauses from question beginning with interrogative words and 2 noun clauses from exclamation in Article 3 *Don't Be Fat*.

Table 4.1.2
The Number of Function of Noun Clauses

Data Source		Function of Noun Clauses					
Articles	Title of Article	Subject	Subjective Comp.	Object of Verb	Object of Prep.	Appositive	Subject after "It"
Articles	Pre-						

1	judices and Stereo-types	-	1	18	-	-	1
Articles 2	Learn More About OCD	-	-	19	1	-	-
Articles 3	Don't Be Fat	-	8	10	5	4	1
Total		-	9	47	6	4	2

The 68 noun clauses then classified into its six function, those are as subject, subjective complement, object of verb, object of preposition, appositive and subject after “It”. It can be seen that there is no noun clause found that functions as subject from the three selected info articles. It is found that there are 1 noun clause functions as subjective complement, 18 noun clauses functions as object of verb and 1 noun clause functions as subject after “It” in Article 1 *Prejudices and Stereotypes*. It is also found that there are 19 noun clauses functions as object of verb and 1 noun clause functions as object of preposition in Article 2 *Learn More About OCD*. Besides that, it is also found there are 8 noun clauses function as subjective complement, 10 noun clauses functions as object of verb, 5 noun clauses function as object of preposition, 4 noun clauses function as appositive and 1 noun clause functions as subject after “It” in Article 3 *Don't Be Fat*. It is also can be seen that the noun clause function as the object of verb can be found in the three selected info articles.

4.2. Elements of Noun Clauses

The noun clause elements simply consist of introductory word or subordinator, subject and verb since noun clause is a dependent clause that consists of a full subject and a predicate of its own and is introduced by the introductory words such as *that*, *interrogative words* and *if/whether*. In this part, I only discuss the 3 types of noun clauses, those are statements, questions and exclamations. Noun clauses from requests are not discussed here because there is no data which show noun clauses from requests found in the three selected info articles of *Hello Magazine*.

4.2.1. Elements of Noun Clauses from Statements

It has been found that there are 56 noun clauses derived from statements from the three selected info articles of *Hello Magazine* with the different function they do. The 56 noun clauses only perform 5 functions of noun clauses such as subjective complement, object of verb, object of preposition, appositive and subject after “It”.

4.2.1.1. Noun Clauses from Statements Function as Subjective Complement

Subjective complements are defined as words, phrases, and clauses that follow a copular verb and describe the subject. Noun clauses from statements function as subjective complement only be found in the Article 1 *Prejudices and Stereotypes* and Article 3 *Don't Be Fat*. The following italicized noun clauses function as subjective complement.

- **Article 1 *Prejudices and Stereotypes***

1. One reason for this is that people differ in the type and extent of

Sub
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prejudice they harbor. (p 28)

The noun clause of the above sentence is *that people differ in the type and extent of prejudice they harbor*. It is derived from statement and functions as the subjective complement because it describes the subject “one reason”. The elements of the clause are **Subordinator, Subject, Verb, Preposition** and **Complement**. The word “*that*” functions as Subordinator, the word “*people*” functions as Subject, the word “*differ*” functions as Verb in the form of present tense, the word “*in*” functions as Preposition and “*the type and extent of prejudice they harbor*” is Complement.

- **Article 3 *Don't Be Fat***

2. The sad things is that I see so many women attempting to lose weight based on false information. (p 20)

Sub
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V
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The noun clause of the above sentence is *that I see so many women attempting to lose weight based on false information*. It is derived from statement and functions as the subjective complement because it describes the subject “the sad things”. The elements of the clause are **Subordinator, Subject, Verb, Object** and **Complement**. The word “*that*” functions as Subordinator, the word “*I*” functions as Subject, the word “*see*” functions as Verb in the form of present tense, the word “*so many women*” functions as Object and “*attempting to lose weight based on false information*” is Complement.

3. The first faulty assumption is that fatness is caused by lifestyle. (p 21)

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The noun clause of the above sentence is *that fatness is caused by lifestyle*. It is derived from statement and functions as the subjective complement because it describes the subject “*the first faulty assumption*”. The elements of the clause are **Subordinator, Subject, Verb, Preposition and Object**. The word “*that*” functions as Subordinator, the word “*fatness*” functions as Subject, the word “*is caused*” functions as Verb in the form of passive (is + V₃), the word “*by*” functions as Preposition and the word “*lifestyle*” is Object.

4. The fact is *that fatness most often is due to heredity and metabolism* and no everyone can be as thin as they want to be, no matter how strong their commitment is. (p 21)

The fact is that fatness most often is due to heredity and metabolism
 Sub S A V Prep C

The noun clause of the above sentence is *that fatness most often is due to heredity and metabolism*. It is derived from statement and functions as the subjective complement because it describes the subject “*the fact*”. The elements of the clause are **Subordinator, Subject, Verb, Adverbial, Preposition and Complement**. The word “*that*” functions as Subordinator, the word “*fatness*” functions as Subject, the word “*most often*” is **Adverbial**, the word “*is due*” functions as Verb, the word “*to*” functions as Preposition and the word “*heredity and metabolism*” is Complement.

5. The second faulty assumption is that a sensible diet (i.e., a low calories diet)
 Sub S
can control weight gains. (p 21)
 V O

The noun clause of the above sentence is ***that a sensible diet (i.e., a low calories diet) can control weight gains..*** It is derived from statement and functions as the subjective complement because it describes the subject “*the second faulty assumption*”. The elements of the clause are **Subordinator, Subject, Verb, and Object**. The word “***that***” functions as Subordinator, the word “***a sensible diet (i.e., a low calories diet)***” functions as Subject, the word “***can control***” functions as Verb in the form of (modal + V₁) and the word “***weight gains***” is Object.

6. The fact is ***that such a diet may lead to more weight gain***, as mentioned in Myth #4. (p 21)

The fact is ***that*** ***such a diet*** ***may lead*** ***to*** ***more weight gain***
 Sub S V Prep C

The noun clause of the above sentence is ***that such a diet may lead to more weight gain***. It is derived from statement and functions as the subjective complement because it describes the subject “*the fact*”. The elements of the clause are **Subordinator, Subject, Verb, Preposition and Complement**. The word “***that***” functions as Subordinator, the word “***such a diet***” functions as Subject, the word “***may lead***” functions as Verb in the form of modal + V₁, the word “***to***” functions as Preposition and “***more weight gain***” is Complement.

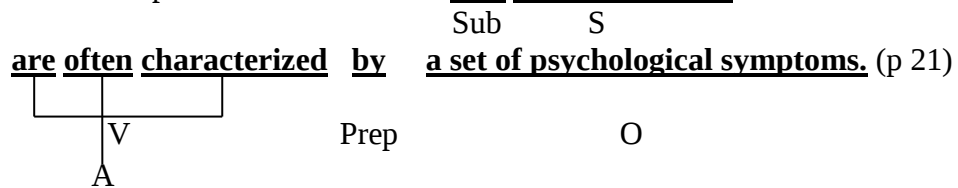
7. The truism is ***that thinness is a prevailing unhealthy obsession in our society*** and we tend to mislabel thinnest as “happy ever after”. (p 21)

The truism is ***that*** ***thinness*** ***is*** ***a prevailing unhealthy obsession in our***
 Sub S V C A
society

The noun clause of the above sentence is ***that thinness is a prevailing unhealthy obsession in our society***. It is derived from statement and functions as the

subjective complement because it describes the subject “*the truism*”. The elements of the clause are **Subordinator, Subject, Verb, Complement** and **Adverbial**. The word “*that*” functions as Subordinator, the word “*thinness*” functions as Subject, the word “*is*” functions as Verb, the word “*a prevailing unhealthy obsession*” functions as Complement and “*in our society*” is Adverbial.

8. What is important to remember is that eating disorders



The noun clause of the above sentence is *that eating disorders are often characterized by a set of psychological symptoms..* It is derived from statement and functions as the subjective complement. The elements of the clause are **Subordinator, Subject, Adverbial, Verb, Preposition** and **Object**. The word “*that*” functions as Subordinator, the word “*eating disorders*” functions as Subject, the word “*often*” is Adverbial, the word “*are characterized*” functions as Verb in the form of passive, the word “*by*” functions as Preposition and the word “*a set of psychological symptoms*” is Object.

9. The good news is *that eating disorders can be prevented* and successfully treated. (p 21)

The good news is that eating disorders can be prevented



The noun clause of the above sentence is *that eating disorders can be prevented*. It is derived from statement and functions as the subjective complement

4.2.1.2. Noun Clauses from Statements Function as Object of Verb

- **Article 1** *Prejudices and Stereotypes*

- The best way to do this is to recognize that prejudice behavior has
Sub S V
many forms
C

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11. The best way to do this is to recognize that prejudice behavior has many forms and that all people act with prejudice occasionally. (p 26)
- Sub S V Prep C A

The noun clause of the above sentence is *that all people act with prejudice occasionally.* It is derived from statement and functions as the object of the verb “recognize”. The elements of the clause are **Subordinator, Subject, Verb, Preposition, Complement** and **Adverbial**. The word “*that*” functions as Subordinator, the word “*all people*” functions as Subject, the word “*act*” functions as Verb, the word “*with*” functions as Preposition, the word “*prejudice*” is Complement and the word “*occasionally*” is an Adverbial.

12. This is an extreme form of racism that exists when people believe members of a certain group are inferior according to an imagined standard and

that these people do not deserve decent treatment. (p 26)

Sub S V O

The noun clause of the above sentence is *that these people do not deserve decent treatment.* It is derived from statement and functions as the object of the verb “believe”. The elements of the clause are **Subordinator, Subject, Verb, and Object**. The word “*that*” functions as Subordinator, the word “*these people*” functions as Subject, the word “*do not deserve*” functions as Verb in the form negative present tense and the word “*decent treatment*” is Object.

13. An example of this is a religious person who discriminates against people of other religion because they believe they are standing for the one true
God or religion. (p 26)
- S V Prep O

14. When people encounter instances that disconfirm their stereotypes of a particular group, they tend to assume that those instances are typical sub S V C subtypes of the group. (p 27)

15. When he meets Al, an athletic gay man, he assumes **that** Sub **Al** S **is not** V
a typical representative of gay people. (p 27)
C

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16. When she sees an elderly woman sitting on a park bench alone, talking out loud, she thinks ***that the woman is talking to herself*** because she is unstable.
(p 27)

The noun clause of the above sentence is ***that the woman is talking to herself***. It is derived from statement and functions as the object of the verb “*think*”. The elements of the clause are **Subordinator, Subject, Verb, Preposition** and **Object**. The word “***that***” functions as Subordinator, the word “***the woman***” functions as Subject, the word “***is talking***” functions as Verb in the form of present continuous, the word “***to***” functions as Preposition and the word “***herself***” is Object.

The noun clause of the above sentence is ***that the woman is actually talking on a cell phone***. It is derived from statement and functions as the object of the verb “notice”. The elements of the clause are **Subordinator, Subject, Adverbial, Verb, Preposition** and **Object**. The word “***that***” functions as Subordinator, the word “***the woman***” functions as Subject, the word “***actually***” is Adverbial, the word “***is***

talking” functions as Verb in the form of present continuous, the word “***on***” functions as Preposition and the word “***a cell phone***” is Object.

18. They tend to make people see other groups as overly homogenous, even though people can easily see that the groups they belong to are heterogeneous. (p 27)
- Sub S Adj Clause

The noun clause of the above sentence is ***that the groups they belong to are heterogeneous***. It is derived from statement and functions as the object of the verb “see”. Actually, there is a *that* subordinator which introduces the adjective clause *they belong to are heterogenous*, but it is omitted. So, the elements of the clause are **Subordinator, Subject and Adjective Clause**. The word “***that***” functions as Subordinator, the word “***the groups***” functions as Subject and “***they belong to are heterogeneous***” is an Adjective Clause.

19. Evolutionary psychologists have speculated *that humans evolved the tendency to stereotype* because it gave their ancestors an adaptive advantage. (p 27)

Evolutionary psychologists have speculated that humans evolved
 Sub S V
the tendency to stereotype
 O Prep C

The noun clause of the above sentence is ***that humans evolved the tendency to stereotype***. It is derived from statement and functions as the object of the verb “*have speculated*”. The elements of the clause are **Subordinator, Subject, Verb, Object, Preposition** and **Complement**. The word “***that***” functions as Subordinator, the word “***humans***” functions as Subject, the word “***evolved***” functions as Verb in the form of past tense, the word “***the tendency***” is Object, the word “***to***” functions as Preposition, and the word “***stereotype***” is Complement.

“*some extent*” is Complement, the word “*by*” is Preposition and the word “*their genes*” is Object.

22. Evolutionary psychologists suggest **that prejudice allows people** to bond with their own group by contrasting their own group to outsider groups. (p 28)

Evolutionary psychologists suggest that prejudice allows people
Sub S V O

The noun clause of the above sentence is **that prejudice allows people**. It is derived from statement and functions as the object of the verb “*suggest*”. The elements of the clause are **Subordinator, Subject, Verb** and **Object**. The word “*that*” functions as Subordinator, the word “**prejudice**” functions as Subject, the word “**allows**” functions as Verb in the form of present tense and the word “**people**” is Object.

23. People tend to think that their own groups are composed of
Sub S V Prep
different sorts of people. (p 28)
C

The noun clause in the above sentence is **that their own groups are composed of different sorts of people**. It is derived from statement and functions as the object of the verb “*think*”. The elements of the clause are **Subordinator, Subject, Verb, Preposition** and **Complement**. The word “*that*” functions as Subordinator, the word “**their own groups**” functions as Subject, the word “**are composed**” functions as Verb in the form of passive, the word “*of*” is Preposition and the word “**different sorts of people**” is Complement.

24. At the same time, they often think **that** **everyone** **in an outgroup** **is**
Sub S A V
the same. (p 28)
C

The noun clause of the above sentence is ***that everyone in an outgroup is the same***. It is derived from statement and functions as the object of the verb “*think*”. The elements of the clause are **Subordinator, Subject, Verb, Adverbial** and **Complement**. The word “*that*” functions as Subordinator, the word “*everyone*” functions as Subject, the word “*is*” functions as Verb, the word “***in an outgroup***” is an Adverbial and the word “***the same***” is Complement.

25. Researchers have found ***that hostility between groups decreases*** when those groups have to cooperate in order to reach a shared goal. (p 28)

Researchers have found that hostility between groups decreases

Sub S Prep O V

The noun clause in the above sentence is *that hostility between groups decreases*. It is derived from statement and functions as the object of the verb “have found”. The elements of the clause are **Subordinator, Subject, Preposition, Object** and **Verb**. The word “*that*” functions as Subordinator, the word “*hostility*” functions as Subject, the word “*between*” is Preposition, the word “*groups*” is Object and the word “*decreases*” functions as Verb in the form of present tense.

26. In such a situation, people in the two groups tend to feel **that** **they** **belong**
Sub S V
to one larger group rather than two separate groups. (p 28)
Prep C

The noun clause of the above sentence is *that they belong to one larger group rather than two separate groups*. It is derived from statement and functions as

the object of the verb “*feel*”. The elements of the clause are **Subordinator**, **Subject**, **Verb**, **Preposition** and **Complement**. The word “*that*” functions as Subordinator, the word “*they*” functions as Subject, the word “*belong*” functions as Verb in the form of present tense, the word “*to*” is Preposition and “*one larger group rather than two separate groups*” is Complement.

27. Researchers show *that prejudice and conflict among group can be reduced* if four conditions are met. (p 28)

Researchers show that prejudice and conflict among group can be
 Sub S Prep O V
reduced.

The noun clause of the above sentence is ***that prejudice and conflict among group can be reduced***. It is derived from statement and functions as the object of the verb “show”. The elements of the clause are **Subordinator, Subject, Preposition, Object and Verb**. The word “***that***” functions as Subordinator, the word “***prejudice and conflict***” functions as Subject, the word “***among***” is Preposition, the word “***group***” is Object and the word “***can be reduced***” functions as Verb in the form of passive (modal + be + V₃).

- **Article 2 *Learn More About OCD***

28. If you have OCD, you probably recognize that your obsessive thoughts and compulsive behaviors are irrational. (p 10)

The noun clause of the above sentence is ***that your obsessive thoughts and compulsive behaviors are irrational***. It is derived from statement and functions as the object of the verb “*recognize*”. The elements of the clause are **Subordinator**,

Subject, Verb and Complement. The word “*that*” functions as Subordinator, the word “*your obsessive thoughts and compulsive behaviors*” functions as Subject, the word “*are*” functions as Verb and the word “*irrational*” is Complement.

29. For example, you may check the stove twenty times to make sure it’s really turned off, you’re your hands until they’re scrubbed raw, or drive around for hours to make sure that the bump you heard while driving wasn’t a person you ran over. (p 10)
- Sub S Adjective Clause

The noun clause of the above sentence is *that the bump you heard while driving wasn’t a person you ran over*. It is derived from statement and functions as the object of the verb “*make sure*”. The elements of the clause are **Subordinator, Subject and Adjective Clause**. The word “*that*” functions as Subordinator, the word “*the bump*” functions as Subject and the clause “*you heard while driving wasn’t a person you ran over*” is an Adjective Clause. Actually, there is a *that* subordinator which introduce the adjective clause *you heard while driving wasn’t a person you ran over*. but it is omitted.

30. You don’t want to have these ideas in fact, you know that they don’t make any sense. (p 10)
- Sub S V C

The noun clause of the above sentence is *that they don’t make any sense*. It is derived from statement and functions as the object of the verb “*know*”. The elements of the clause are **Subordinator, Subject, Verb and Complement**. The word “*that*” functions as Subordinator, the word “*they*” functions as Subject, the

word “*don’t make*” functions as Verb in the form of negative present tense and the word “*any sense*” is Complement.

31. Hoarders fear ***that something bad will happen*** if they throw anything away.
(p 10)

Hoarders fear **that something bad will happen**

Sub S V

The noun clause of the above sentence is ***that something bad will happen***. It is derived from statement and functions as the object of the verb “*fear*”. The elements of the clause are **Subordinator**, **Subject** and **Verb**. The word “***that***” functions as Subordinator, the word “***something bad***” functions as Subject and the word “***will happen***” functions as Verb in the form of future tense.

32. Just because you have obsessive thoughts or perform compulsive behaviors does not mean that you have obsessive compulsive disorder. (p 10)
- Sub S V C

The noun clause of the above sentence is *that you have obsessive compulsive disorder*. It is derived from statement and functions as the object of the verb “does not mean”. The elements of the clause are **Subordinator**, **Subject**, **Verb** and **Complement**. The word “*that*” functions as Subordinator, the word “*you*” functions as Subject, the word “*have*” functions as Verb and the word “*obsessive compulsive disorder*” is Complement.

33. It also important to note **that OCD is anxiety disorder**, and in children, the symptoms of anxiety usually change overtime. (p 11)

It also important to note that OCD is anxiety disorder

Sub S V C

34. In this way, you learn *that you don't need the ritual to get rid of your anxiety* – that you have some control over your obsessive thoughts and compulsive behaviors. (p 11)

The noun clause of the above sentence is *that you don't need the ritual to get rid of your anxiety*. It is derived from statement and functions as the object of the verb “*learn*”. The elements of the clause are **Subordinator**, **Subject**, **Verb** and **Complement**. The word “*that*” functions as Subordinator, the word “*you*” functions as Subject, the word “*don't need*” functions as Verb in the form of negative present tense and the word “*the ritual to get rid of your anxiety*” is Complement.

The noun clause of the above sentence is ***that you have some control over your obsessive thoughts and compulsive behaviors***. It is derived from statement and functions as the object of the verb “*learn*”. The elements of the clause are **Subordinator, Subject, Verb** and **Complement**. The word “*that*” functions as Subordinator, the word “*you*” functions as Subject, the word “*have*” functions as

Verb and the words “*some control over your obsessive thoughts and compulsive behaviors*” is Complement.

36. Studies show *that exposure and response prevention can actually “retrain” the brain*, permanently reducing the occurrence of obsessive-compulsive disorder symptoms. (p 11)

Studies show that exposure and response prevention can actually “retrain”
 Sub S A V
the brain.
 O

The noun clause of the above sentence is *that exposure and response prevention can actually “retrain” the brain*. It is derived from statement and functions as the object of the verb “show”. The elements of the clause are **Subordinator, Subject, Adverbial, Verb and Object**. The word “*that*” functions as Subordinator, the word “*exposure and response prevention*” functions as Subject, the word “*actually*” is the Adverbial, the word “*can retrain*” functions as Verb in the form of modal + V₁ and the word “*the brain*” is Object.

37. RELABEL: Recognize that the intrusive obsessive thoughts and urges are the result of OCD. (p 11)
 Sub S V C

The noun clause of the above sentence is *that the intrusive obsessive thoughts and urges are the result of OCD*. It is derived from statement and functions as the object of the verb “recognize”. The elements of the clause are **Subordinator, Subject, Verb and Complement**. The word “*that*” functions as Subordinator, the word “*the intrusive obsessive thoughts and urges*” functions as

Subject, the word “**are**” functions as Verb and the words “**the result of OCD**” is Complement.

38. REATTRIBUTE: Realize ***that the intensity and intrusiveness of the thought or urge is caused by OCD***; it is probably related to a biochemical imbalance in the brain.(p 11)

Realize that the intensity and intrusiveness of the thought or urge

Sub S

is caused by OCD.

V Prep O

The noun clause of the above sentence is ***that the intensity and intrusiveness of the thought or urge is caused by OCD***. It is derived from statement and functions as the object of the verb “*realize*”. The elements of the clause are **Subordinator, Subject, Verb, Preposition** and **Object**. The word “*that*” functions as Subordinator, the word “*the intensity and intrusiveness of the thought or urge*” functions as Subject, the word “*is caused*” functions as Verb in the form of passive, the word “*by*” is Preposition and the word “*OCD*” is Object.

39. Remember ***that your relative is a person with a disorder***, but who is healthy help their relative become more detached from symptoms. (p 12)

Remember that your relative is a person with a disorder

Sub	S	V	C
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The noun clause of the above sentence is ***that your relative is a person with a disorder***. It is derived from statement and functions as the object of the verb “remember”. The elements of the clause are **Subordinator, Subject, Verb** and **Complement**. The word “***that***” functions as Subordinator, the word “***your relative***”

functions as Subject, the word “**is**” functions as Verb and the words “**a person with a disorder**” is Complement.

40. Family members say **that humor can often help their relative** become more detached from symptoms.(p 12)

Family members say **that humor can often help their relative**

Sub	S		O
		V	
		A	

The noun clause of the above sentence is **that humor can often help their relative**. It is derived from statement and functions as the object of the verb “say”. The elements of the clause are **Subordinator, Subject, Adverbial, Verb** and **Object**. The word “**that**” functions as Subordinator, the word “**humor**” functions as Subject, the word “**often**” is Adverbial, the word “**can help**” functions as Verb in the form of modal + V₁ and the words “**their relative**” is Object.

- **Article 3 Don’t Be Fat**

41. Sure, there are certain kinds of physical activities that a woman can be too heavy or large to participate in, but exercise doesn’t mean **that the obese individual must attempt stunts** in which substantial body weight creates a problem, such as running, inline skating or squat jumps. (p 18)

Exercise doesn’t mean **that the obese individual must attempt stunts**

Sub	S	V	O
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The noun clause of the above sentence is **that the obese individual must attempt stunts**. It is derived from statement and functions as the object of the verb “does not mean”. The elements of the clause are **Subordinator, Subject, Verb** and

Object. The word “*that*” functions as Subordinator, the word “*the obese individual*” functions as Subject, the word “*must attempt*” functions as Verb in the form of modal + V₁ and the words “*stunts*” is Object.

42. Science is now showing that in order to lose weight and maintain that weight you need to give yourself about an hour a day. (p 19)
- Sub Adv. Cl.

The noun clause of the above sentence is *that in order to lose weight and maintain that weight you need to give yourself about an hour a day.* It is derived from statement and functions as the object of the verb “*is showing*”. The elements of the clause are **Subordinator** and **Adverbial Clause**. The word “*that*” functions as Subordinator, the clause “*in order to lose weight and maintain that weight you need to give yourself about an hour a day*” is an Adverbial Clause. It is a clause of purpose which is marked by the conjunction “*in order to*”.

43. At the end of it I think you will be surprised *that you aren’t really doing* as much as you thought you were. (p 19)

I think you will be surprised that you aren’t really doing

Sub S A

V

The noun clause of the above sentence is *that you aren’t really doing.* It is derived from statement and functions as the object of the verb “*will be surprised*”. The elements of the clause are **Subordinator**, **Subject**, **Adverbial** and **Verb**. The word “*that*” functions as Subordinator, the word “*really*” is an Adverbial and the word “*aren’t doing*” is a Verb in the form of negative present continuous tense.

44. You will notice **that these amount to hundreds and hundreds of extra**
Sub S
calories that you just aren't burning off at the gym. (p 19)
Adj. Cl.

The noun clause of the above sentence is ***that these amount to hundreds and hundreds of extra calories that you just aren't burning off at the gym***. It is derived from statement and functions as the object of the verb “notice”. The elements of the clause are **Subordinator, Subject** and **Adjective Clause**. The word “***that***” functions as Subordinator, the word “***these amount to hundreds and hundreds of extra calories***” is the Subject and the clause “***that you just aren't burning off at the gym***” is an Adjective Clause.

45. A lot of women are just never told that they are
Sub S V
in control of their own. (p19)
C

The noun clause of the above sentence is ***that they are in control of their own mind***. It is derived from statement and functions as the object of the verb “told”. The elements of the clause are **Subordinator, Subject, Verb** and **Complement**. The word “***that***” functions as Subordinator, the word “***they***” is the Subject, the word “***are***” is the Verb and the word “***in control of their own mind***” is a Complement.

46. And while I understand *that TV is a great way to unwind after a hard day*, I also understand that it is a complete waste of time. (p 19)
- I understand that TV is a great way to unwind after a hard day
- Sub S V C

The noun clause of the above sentence is ***that TV is a great way to unwind after a hard day***. It is derived from statement and functions as the object of the verb “understand”. The elements of the clause are **Subordinator, Subject, Verb** and **Complement**. The word “***that***” functions as Subordinator, the word “***TV***” is the Subject, the word “***is***” is the Verb and the word “***a great way to unwind after a hard day***” is a Complement.

47. And while I understand that TV is a great way to unwind after a hard day, I also understand ***that it is a complete waste of time.*** (p 19)
- Sub S V C

The noun clause of the above sentence is ***that it is a complete waste of time.*** It is derived from statement and functions as the object of the verb “understand”. The elements of the clause are **Subordinator, Subject, Verb** and **Complement**. The word “***that***” functions as Subordinator, the word “***it***” is the Subject, the word “***is***” is the Verb and the word “***a complete waste of time***” is a Complement.

48. Science has shown ***that the human body gets “comfortable” with being overweight and struggle to lose it.*** (p 20)
- Sub S V C

The noun clause of the above sentence is ***that the human body gets “comfortable” with being overweight and struggle to lose it.*** It is derived from statement and functions as the object of the verb “has shown”. The elements of the clause are **Subordinator, Subject, Verb** and **Complement**. The word “***that***” functions as Subordinator, the word “***the human body***” is the Subject, the word

“gets” is the Verb and the word *“comfortable” with being overweight and struggle to lose it* is a Complement.

49. Some research findings suggested that males and females with an eating disorder have similar clinical characteristics, such as obsession with thinness, distorted body image, and emotional problem. (p 20)

The noun clause of the above sentence is ***that males and females with an eating disorder have similar clinical characteristics, such as obsession with thinness, distorted body image, and emotional problem.*** It is derived from statement and functions as the object of the verb “*suggested*”. The elements of the clause are **Subordinator, Subject, Verb** and **Complement**. The word “*that*” functions as Subordinator, the word “*males and females with an eating disorder*” is the Subject, the word “*have*” is the Verb and the word “*similar clinical characteristics, such as obsession with thinness, distorted body image, and emotional problem*” is a Complement.

50. Evidence indicates ***that when people lose weight, they lose fat and protein,***
but when they regain, they regain mostly fat. (p 21)

Evidence indicates that when people lose weight, they lose fat and protein

Sub Adv Clause

The noun clause of the above sentence is ***that when people lose weight, they lose fat and protein.*** It is derived from statement and functions as the object of the verb “*indicates*”. The elements of the clause are **Subordinator** and **Adverbial Clause**. The word “*that*” functions as Subordinator, the clause “*when people lose*

weight, they lose fat and protein” is an Adverbial Clause. It is a clause of time which is marked by the conjunction “*when*”.

4.2.1.3. Noun Clauses from Statements Function as Object of Preposition

The third grammatical function that noun clauses can perform is as the object of preposition that directly follows a preposition to complete the meaning. Noun clauses from statements function as object of preposition only be found in the Article 2 *Learn More About OCD*. The following italicized noun clauses function as object of preposition.

- **Article 2 *Learn More About OCD***

51. Doubters and sinners are afraid **that if everything isn't perfect or done just**
Sub Adv. Cl.
right something terrible will happen or they will be punished. (p 10)

The noun clause of the above sentence is *that if everything isn't perfect or done just right something terrible will happen or they will be punished*. It is derived from statement and functions as the object of the missing preposition “of”. Actually, after the word “*afraid*” should be followed by a preposition “of” but it is omitted (Wren & Martin, 1990: 204). The elements of the clause are **Subordinator** and **Adverbial Clause**. The word “*that*” functions as Subordinator, the clause “*if everything isn't perfect or done just right something terrible will happen or they will be punished*” is an Adverbial Clause. It is a clause of condition which is marked by the conjunction “*if*”.

4.2.1.4. Noun Clauses from Statements Function as Appositives

The next grammatical function that noun clauses can perform is the appositive. Appositives are defined as words, phrases, and clauses that describe or explain another noun phrase. Noun clauses from statements function as appositives only be found in the Article 3 *Don't Be Fat*. The following italicized noun clauses function as appositives.

- **Article 3 *Don't Be Fat***

52. In this post on losing weight I talked about the fact that over time those second helpings and large portion makes you fat. (p 19)

Sub
A
S
V
O
C

The noun clause of the above sentence is *that over time those second helpings and large portion makes you fat*. It is derived from statement and functions as appositive because it describes the noun “*the fact*”. The noun “*the fact*” is one of the noun that is not derived from verbs or adjectives that should be followed by a *that* appositive clauses (Frank, 1972: 290). The elements of the clause are **Subordinator, Adverbial, Subject, Verb, Object and Complement**. The word “*that*” functions as Subordinator, the word “*over time*” is the Adverbial, the word “*those second helpings and large portion*” is the Subject, the word “*makes*” is the Verb, the word “*you*” is the Object and the word “*fat*” is a Complement.

53. For example, the idea that fat makes you fat. (p 20)

Sub
S
V
O
C

The noun clause of the above sentence is *that fat makes you fat*. It is derived from statement and functions as appositive because it describes the noun “*the idea*”. The noun “*the idea*” is one of the noun that is not derived from verbs or adjectives that should be followed by a *that* appositive clauses (Frank, 1972: 290). The

elements of the clause are **Subordinator, Subject, Verb, Object** and **Complement**. The word “**that**” functions as Subordinator, the word “**fat**” is the Subject, the word “**makes**” is the Verb, the word “**you**” is the Object and the word “**fat**” is a Complement.

54. And it is my firm belief that that figure can go up and up with the right information. (p 20)

Sub S V Prep C

The noun clause of the above sentence is ***that that figure can go up and up with the right information.*** It is derived from statement and functions as appositive because it describes the noun “*belief*”. The noun “*belief*” is one of the noun that is derived from the verbs “*believe*” that should be followed by a *that* appositive clauses (Frank, 1972: 290). The elements of the clause are **Subordinator, Subject, Verb, Preposition** and **Complement**. The word “**that**” functions as Subordinator, the word “**that figure**” is the Subject, the word “**can go up and up**” is the Verb, the word “**with**” is a Preposition and the word “**the right information**” is a Complement.

4.2.1.5. .Noun Clauses from Statements Function as Subject after “It”

Noun clauses from statements function as subject after “It” only be found in Article 1 *Prejudices and Stereotypes* and Article 3 *Don’t Be Fat*. The following italicized noun clauses function as subject after “It”.

- **Article 1 *Prejudices and Stereotypes***

55. To understand why prejudice exists ***it is important that you can distinguish it*** when it occurs.(p 26)

<u>It</u>	<u>is</u>	<u>important</u>	<u>that</u>	<u>you</u>	<u>can distinguish</u>	<u>it</u>
It	be	Adj	Sub	S	V	O

The noun clause of the above sentence is *it is important that you can distinguish it*. It is derived from statement and functions as subject after “It”. The elements of the clause are **It, Be, Adjective, Subordinator, Subject, Verb** and **Object**. The word “*It*” functions as It, the word “*is*” functions as Be, the word “*important*” is an adjective, the word “*that*” functions as Subordinator, the word “*you*” is the Subject, the word “*can distinguish*” is the Verb in the form of modal + V₁ and the word “*it*” is an Object.

- **Article 3 *Don’t Be Fat***

56. Ask yourself if It is remotely possible that every thin person who works out, is free of aches and pains. (p 18)

	It	be	A	Adj	Sub	S
	<u>out,</u>	<u>is</u>	<u>free of</u>	<u>aches and</u>	<u>pains.</u>	
	V		C			

The noun clause of the above sentence is *it’s remotely possible that every thin person who works out, is free of aches and pains*. It is derived from statement and functions as subject after “It”. The elements of the clause are **It, Be, Adverbial, Adjective, Subordinator, Subject, Verb** and **Complement**. The word “*It*” functions as It, the word “*is*” functions as Be, the word “*remotely*” is an Adverbial, the word “*possible*” is an adjective, the word “*that*” functions as Subordinator, the word “*every thin person who works out*” is the Subject, the word “*is*” is the Verb and the word “*free of aches and pains*” is a Complement.

4.2.2. Elements of Noun Clauses from Questions

The elements of noun clauses from questions beginning with interrogative words also simply consist of subordinator, a subject and a verb or only a subject and a verb. I only discuss the noun clauses from questions beginning with interrogative words because the data that show noun clauses derived from questions beginning with an auxiliary verb (yes-no questions) cannot be found in the three selected info articles of *Hello Magazine*. There are 7 data that show noun clauses from questions beginning with interrogative words found in the three info articles of *Hello Magazine*. Those 7 noun clauses only introduced by the subordinator *what* and *why* and also only perform 3 functions those are as object of verb, object of preposition and appositive. All of the analysis can be drawn be

4.2.2.1. Noun Clauses from Questions Beginning with Interrogative Words

Function as Object of Verb

Noun clauses from questions beginning with interrogative words function as object of verb only be found in Article 2 *Learn More About OCD*. The following italicized noun clauses function as object of verb.

- **Article 2 *Learn More About OCD***

57. Share **what you've learned with your friend or family member** and let them know there is help available. (p 12)

Share what you have learned with your friend or family member
 Sub S V Prep C

The noun clause of the above sentence is **what you've learned with your friend or family member**. It is derived from question and functions as object of the

verb “*share*”. The elements of the clause are **Subordinator, Subject, Verb, Preposition** and **Complement**. The word “*what*” functions as Subordinator, the word “*you*” is the Subject, the word “*have learned*” is the Verb in the form of present perfect tense, the word “*with*” is a Preposition and the word “**your friend or family member**” is a Complement.

58. State **what you want to happen**, rather than criticizing your relative for past behaviors. (p 12)

State **what you want to happen**
Sub S V Inf.

The noun clause of the above sentence is **what you want to happen**. It is derived from question and functions as object of the verb “*state*”. The elements of the clause are **Subordinator, Subject, Verb** and **Infinitive**. The word “*what*” functions as Subordinator, the word “*you*” is the Subject, the word “*want*” is the Verb and the word “**to happen.**” is Infinitive verb.

4.2.2.2. Noun Clauses from Questions Beginning with Interrogative Words Functions as Object of Preposition

Noun clauses from questions beginning with interrogative words function as object of preposition only be found in Article 3 *Don't Be Fat*. The following italicized noun clauses function as object of preposition.

- **Article 3 *Don't Be Fat***

59. This is the first time we've been able to systematically look at ***what stops obese women from getting the activity they need***,"says Melissa Napolitano, kinesiology associate professor, and clinical psychologist at the Center from Obesity Research and Education at Temple University. (p 18)

This is the first time we've been able to systematically look at

<u>what</u>	<u>stops</u>	<u>obese women</u>	<u>from</u>	<u>getting the activity they need</u>
S	V	O	Prep	C

The noun clause of the above sentence is ***what stops obese women from getting the activity they need***. It is derived from question and functions as object of the preposition "at". In that clause, the word "***what***" functions as the subject of the clause it introduces, so the elements of the clause are **Subject, Verb, Object, Preposition** and **Complement**. The word "***what***" functions as Subject, the word "***stops***" is the Verb, the word "***obese women***" is the Object, the word "***from***" is a Preposition and the word "***getting the activity they need***" is a Complement.

60. Most of ***what we are being told in media about weight loss*** is just incorrect. (p 20).

Most of	<u>what</u>	<u>we</u>	<u>are being told</u>	<u>in media</u>	<u>about weight loss</u>
	Sub	S	V	A	C

The noun clause of the above sentence is ***what we are being told in media about weight loss***. It is derived from question and functions as object of the preposition "of". The elements of the clause are **Subordinator, Subject, Verb, Adverbial** and **Complement**. The word "***what***" functions as Subordinator, the word "***we***" is Subject, the word "***are being told***" is the Verb in the form of passive, the word "***in media***" is an Adverbial and the word "***about weight loss***" is a Complement.

61. This may be a factor in ***why they develop problematic relationship with food***: sometimes, restricting food intake to attain desirable slimness and femininity and sometimes, indulging in food to comfort emotional distress. (p 20)

The noun clause of the above sentence is ***why they develop problematic relationship with food***. It is derived from question and functions as object of the preposition “in”. The elements of the clause are **Subordinator, Subject, Verb and Complement**. The word “***why***” functions as Subordinator, the word “***they***” as Subject, the word “***develop***” is the Verb and the word “***problematic relationship with food***” is a Complement.

Noun clauses from questions beginning with interrogative words function as appositives only be found in Article 3 *Don't Be Fat*. The following italicized noun clauses function as appositives.

62. The six cited reasons ***why obese women are afraid or very reluctant*** to start an exercise programs are as follows. (p 18)

- **Article 2 *Learn More About OCD***

63. People with OCD know **how** **absurd** **their fears** **are.** (p 12)
Sub Adj S V

The noun clause of the above sentence is *how absurd their fears are*. It is derived from exclamation and functions as the object of verb “*know*”. The elements of the clause are **Subordinator**, **Adjective**, **Subject** and **Verb**. The word “*how*” functions as Subordinator, the word “*absurd*” is the Adjective, the word “*their fears*” is Subject and the word “*are*” is the Verb.

- **Article 3 *Don't Be Fat***

64. Write down exactly how much exercise you do for the next two weeks.
 Sub Adj N S V A
- (p 19)

The noun clause of the above sentence is ***how much exercise you do for the next two weeks***. It is derived from exclamation and functions as the object of verb “*write down*”. The elements of the clause are **Subordinator, Adjective, Noun, Subject, Verb** and **Adverbial**. The word “***how***” functions as Subordinator, the word “***much***” is the Adjective, the word “***exercise***” is the Noun, the word “***you***” is Subject, the word “***do***” is the Verb and the word “***for the next two weeks***” is an Adverbial.

65. Again, write down **how many second helpings you have**
Sub Adj N S V
in a two week period. (p 19)
A

The noun clause of the above sentence is ***how many second helpings you have in a two week period***. It is derived from exclamation and functions as the object

of verb “*write down*”. The elements of the clause are **Subordinator, Adjective, Noun, Subject, Verb** and **Adverbial**. The word “*how*” functions as Subordinator, the word “*many* “ is the Adjective, the word “*second helpings* “ is the Noun, the word “*you*” is Subject, the word “*have*” is the Verb and the word “*in a two week period*” is an Adverbial.

66. It is high time that women of the world realized how beneficial weight training is for weight loss and muscle toning. (p 19)

Sub Adj S

V Prep C

The noun clause of the above sentence is *how beneficial weight training is for weight loss and muscle toning*. It is derived from exclamation and functions as the object of verb “*realized*”. The elements of the clause are **Subordinator, Adjective, Subject, Verb, Preposition** and **Complement**. The word “*how*” functions as Subordinator, the word “*beneficial*” is the Adjective, the word “*weight training*” is Subject, the word “*is*” is the Verb, the word “*for*” is Preposition and the word “*weight loss and muscle toning*” is Complement.

4.2.3.2. .Noun Clauses Derived from Exclamation Function as Object of Preposition

Noun clauses from exclamation function as object of preposition only can be found in Article 3 *Don't Be Fat*. The following italicized noun clauses function as object of preposition.

- **Article 3 *Don't Be Fat***

67. Take note of *how many meals you eat* that are much bigger than they should be. (p 19)

Take note of how many meals you eat
Sub Adj N S V

The noun clause of the above sentence is *how many meals you eat*. It is derived from exclamation and functions as the object of preposition “of”. The elements of the clause are **Subordinator, Adjective, Noun, Subject** and **Verb**. The word “*how*” functions as Subordinator, the word “*many*” is the Adjective, the word “*meals*” is the Noun, the word “*you*” is Subject and the word “*eat*” is the Verb.

68. If you are overweight I want you to take a look at how many hours of TV
Sub Adj N

you watch per day. (p 19)
S V A

The noun clause of the above sentence is *how many hours of TV you watch per day*. It is derived from exclamation and functions as the object of preposition “of”. The elements of the clause are **Subordinator, Adjective, Noun, Subject, Verb** and **Adverbial**. The word “*how*” functions as Subordinator, the word “*many*” is the Adjective, the word “*hours of TV*” is the Noun, the word “*you*” is Subject, the word “*watch*” is the Verb and the word “*per day*” is an Adverbial.

4.3. Patterns of Noun Clauses

Based on the grammarians, there are 6 patterns of noun clauses. All of those will be drawn below:

4.3.1. Patterns I: Introductory word (Subordinator) + S + V + ... (Frank, 1972: 283)

This pattern has some variations such as:

❖ **Pattern 1: Sub + S + V**

This pattern has **Subordinator**, **Subject** and **Verb** as its clause elements.

This pattern be found in the Article 2 *Learn More About OCD* and Article 3 *Don't Be Fat*.

- **Article 2 *Learn More About OCD***

1. Hoarders fear ***that something bad will happen*** if they throw anything away. (p 10)

Hoarders fear that something bad will happen
Sub S V:

- **Article 3 *Don't Be Fat***

2. The good news is ***that eating disorders can be prevented*** and successfully treated. (p 21)

The good news is that eating disorders can be prevented
Sub S V

❖ **Pattern 2: Sub + S + V + C**

This pattern has **Subordinator**, **Subject**, **Verb** and **Complement** as its clause elements. This pattern be found in the Article 1 *Prejudices and Stereotypes*, Article 2 *Learn More About OCD* and Article 3 *Don't Be Fat*.

- **Article 1 *Prejudices and Stereotypes***

3. The best way to do this is to recognize ***that prejudice behavior has many forms*** and that all people act with prejudice occasionally. (p 26)

The best way to do this is to recognize that prejudice behavior has

Sub S V

many forms

C

4. When people encounter instances that disconfirm their stereotypes of a particular group, they tend to assume that those instances are typical subtypes of the group. (p 27)

Sub S V C

5. When he meets Al, an athletic gay man, he assumes that Al is not a typical representative of gay people. (p 27)

Sub S V

C

6. Some evolutionary psychologists believe that xenophobia, the fear of strangers or people different from oneself has genetic roots. (p 27)

Sub S

V C

• **Article 2 Learn More About OCD**

7. If you have OCD, you probably recognize that your obsessive thoughts and compulsive behaviors are irrational. (p 10)

Sub S

V C

8. You don't want to have these ideas in fact, you know that they don't make any sense. (p 10)

Sub S V

C

9. Just because you have obsessive thoughts or perform compulsive behaviors does not mean that you have obsessive compulsive disorder. (p 10)

Sub S V C

10. It also important to note *that OCD is anxiety disorder*, and in children, the symptoms of anxiety usually change overtime. (p 11)

It also important to note that OCD is anxiety disorder

Sub S V C

11. In this way, you learn *that you don't need the ritual to get rid of your anxiety* – that you have some control over your obsessive thoughts and compulsive behaviors. (p 11)

You learn that you don't need the ritual to get rid of your anxiety

Sub S V C

In this way, you learn that you don't need the ritual to get rid of your anxiety

– that you have some control over your obsessive thoughts and

Sub S V C

compulsive behaviors. (p 11)

13. RELABEL: Recognize that the intrusive obsessive thoughts and urges are

Sub S V

the result of OCD. (p 11)

C

14. Remember *that your relative is a person with a disorder*, but who is healthy help their relative become more detached from symptoms. (p 12)

Remember that your relative is a person with a disorder

Sub S V C

- **Article 3 *Don't Be Fat***

15. A lot of women are just never told that they are

Sub S V

in control of their own. (p19)

C

16. And while I understand *that TV is a great way to unwind after a hard day*, I also understand that it is a complete waste of time. (p 19)

I understand that TV is a great way to unwind after a hard day

Sub S V C

17. And while I understand that TV is a great way to unwind after a hard day, I also understand that it is a complete waste of time. (p 19)

Sub S V C

18. Science has shown that the human body gets "comfortable" with being

Sub S V C

overweight and struggle to lose it. (p 20)

19. Some research findings suggested that males and females with an eating

disorder Sub S
have V C similar clinical characteristics, such as obsession with
thinness, distorted body image, and emotional problem. (p 20)

20. This may be a factor in ***why they develop problematic relationship with food***: sometimes, restricting food intake to attain desirable slimness and femininity and sometimes, indulging in food to comfort emotional distress. (p 20)

This may be a factor in why they develop problematic relationship with
Sub S V C
food

21. The six cited reasons ***why obese women are afraid or very reluctant*** to start an exercise programs are as follows. (p 18)

The six cited reasons why obese women are afraid or very reluctant

Sub S V C

❖ **Pattern 3: Sub + S + V + O**

This pattern has **Subordinator**, **Subject**, **Verb** and **Object** as its clause elements. This pattern be found in the Article 1 *Prejudices and Stereotypes* & Article 3 *Don't Be Fat*.

- **Article 1 *Prejudices and Stereotypes***

22. This is an extreme form of racism that exists when people believe members of a certain group are inferior according to an imagined standard and

that these people do not deserve decent treatment. (p 26)

Sub S V O

23. Evolutionary psychologists suggest **that prejudice allows people** to bond with their own group by contrasting their own group to outsider groups. (p 28)

Evolutionary psychologists suggest that prejudice allows people
 Sub S V O

$$\vdots$$

- **Article 3 *Don't Be Fat***

society

❖ **Pattern 6: Sub + S + V + Prep + O**

This pattern has **Subordinator, Subject, Verb, Preposition** and **Object** as its clause elements. This pattern be found in the Article 1 *Prejudices and Stereotypes*, Article 2 *Learn More About OCD* & Article 3 *Don't Be Fat*.

• **Article 1 *Prejudices and Stereotypes***

29. When she sees an elderly woman sitting on a park bench alone, talking out loud, she thinks ***that the woman is talking to herself*** because she is unstable. (p 27)

She thinks that the woman is talking to herself.
Sub S V Prep O

• **Article 2 *Learn More About OCD***

30. REATTRIBUTE: Realize ***that the intensity and intrusiveness of the thought or urge is caused by OCD***; it is probably related to a biochemical imbalance in the brain.(p 11)

Realize that the intensity and intrusiveness of the thought or urge
Sub S
is caused by OCD
V Prep O

• **Article 3 *Don't Be Fat***

31. The first faulty assumption is that fatness is caused by lifestyle. (p 21)
Sub S V Prep O

❖ **Pattern 7: Sub + S + V + Prep + C**

Prep C

their genes.
O

❖ **Pattern 10: Sub + S + V + Prep + C + A**

This pattern has **Subordinator, Subject, Verb, Preposition, Complement** and **Adverbial** as its clause elements. This pattern can be found in the Article 1 *Prejudices and Stereotypes*.

• **Article 1 *Prejudices and Stereotypes***

40. The best way to do this is to recognize that prejudice behavior has many forms and that all people act with prejudice occasionally.
 Sub S V Prep C A
 (p 26)

❖ **Pattern 11: Sub + S + V + A + C**

This pattern has **Subordinator, Subject, Verb, Adverbial** and **Complement** as its clause elements. This pattern can be found in the Article 3 *Don't Be Fat*.

• **Article 3 *Don't Be Fat***

41. Most of *what we are being told in media about weight loss* is just incorrect.
 (p 20)

Most of what we are being told in media about weight loss
 Sub S V A C

❖ **Pattern 12: Sub + S + V + To Inf.**

This pattern has **Subject, Verb** and **Infinitive** as its clause elements. This pattern can be found in the Article 2 *Learn More About OCD*.

• **Article 2 *Learn More About OCD***

42. State **what you want to happen**, rather than criticizing your relative for past behaviors. (p 12)

State what you want to happen
 Sub S V Inf.

4.3.2. Pattern II: S + V + ... (Frank, 1972: 295)

This pattern has some variations such as:

❖ Pattern 13: S + V + Prep + O

This pattern has **Subject, Verb, Preposition** and **Object** as its clause elements. This pattern be found in the Article 1 *Prejudices and Stereotypes*.

• Article 1 *Prejudices and Stereotypes*

43. An example of this is a religious person who discriminates against people of other religion because they believe they are standing for the one true
 S V Prep O
God or religion. (p 26)

❖ Pattern 14: S + V + O + Prep + C

This pattern has **Subject, Verb, Object, Preposition** and **Complement** as its clause elements. This pattern be found in the Article 3 *Don't Be Fat*.

• Article 3 *Don't Be Fat*

44. This is the first time we've been able to systematically look at **what stops obese women from getting the activity they need**,”says Melissa Napolitano, kinesiology associate professor, and clinical psychologist at the Center from Obesity Research and Education at Temple University. (p 18)

This is the first time we've been able to systematically look at
what stops obese women from getting the activity they need
 S V O Prep C

4.3.3. Pattern III: It + be + adjective/noun + noun clause (Wren and Martin, 1990:383)

It is the pattern of noun clause functions as subject after “It”.

❖ **Pattern 15: It + Be + Adj + Sub + S + V + O**

This pattern has **It, Be, Adjective, Subordinator, Subject, Verb** and **Object** as its clause elements. This pattern be found in the Article 1 *Prejudices and Stereotypes*.

• **Article 1 *Prejudices and Stereotypes***

45. To understand why prejudice exists *it is important that you can distinguish it* when it occurs.(p 26)

<u>It</u>	<u>is</u>	<u>important</u>	<u>that</u>	<u>you</u>	<u>can distinguish</u>	<u>it</u>
It	be	Adj	Sub	S	V	O

4.3.4. Pattern IV: That + Subject + the simple form of the verb + (Wren and Martin, 1990: 75)

It is the pattern of noun clause derived from requests. This pattern cannot be found in the three selected info articles of *Hello Magazine* because there is no data which show noun clauses from requests.

4.3.5. Pattern V: what + (adjective) + noun + (subject + verb) (Wren and Martin, 1990:385)

This pattern has some variations such as:

❖ **Pattern 16: Sub + Adj + N + S + V + A**

This pattern has **Subordinator, Adjective, Noun, Subject, Verb** and **Adverbial** as its clause elements. This pattern can be found in the Article 3 *Don't Be Fat*.

- **Article 3 *Don't Be Fat***

46. Write down exactly how much exercise you do for the next two weeks.
 Sub Adj N S V A
- (p 19)

47. Again, write down **how** **many** **second helpings** **you** **have**
Sub Adj N S V
in a two week period. (p 19)
A

48. If you are overweight I want you to take a look at **how** **many** **hours of TV**
Sub Adj N
you watch per day. (p 19)
S V A

❖ **Pattern 17: Sub + Adj + N + S + V**

This pattern has **Subordinator**, **Adjective**, **Subject** and **Verb** as its clause elements. This pattern can be found in the Article 3 *Don't Be Fat*.

- **Article 3 *Don't Be Fat***

49. Take note of ***how many meals you eat*** that are much bigger than they should be. (p 19)

Take note of how many meals you eat
Sub Adj N S V

4.3.6. Pattern VI: how + adjective/adverb + subject + verb (Wren and Martin, 1990:385)

This pattern has some variations such as:

❖ **Pattern 18: Sub + Adj + S + V**

This pattern has **Subordinator, Adjective, Subject** and **Verb** as its clause elements. This pattern can be found in the Article 2 *Learn More About OCD*.

- **Article 2 *Learn More About OCD***

50. People with OCD know how absurd their fears are. (p 12)
Sub Adj S V

❖ **Pattern 19: Sub + Adj + S + V + Prep + C**

This pattern has **Subordinator, Adjective, Subject, Verb, Preposition** and **Complement** as its clause elements. This pattern can be found in the Article 3 *Don't Be Fat*.

- **Article 3 *Don't Be Fat***

51. It is high time that women of the world realized how beneficial weight training is for weight loss and muscle toning. (p 19)
Sub Adj S
V Prep C

4.3.7. Other Pattern of Noun Clauses

There are some noun clauses patterns that are different from the 6 types of noun clauses pattern suggested by grammarians. All of those will be drawn below:

❖ **Pattern 20: Sub + S + A + V + O**

This pattern has **Subordinator, Subject, Adverbial, Verb** and **Object** as its clause elements. This pattern can be found in the Article 2 *Learn More About OCD*.

- **Article 2 Learn More About OCD**

52. Studies show *that exposure and response prevention can actually “retrain” the brain*, permanently reducing the occurrence of obsessive-compulsive disorder symptoms. (p 11)

Studies show that exposure and response prevention can actually “retrain”
 Sub S A
 V
the brain.
 O

53. Family members say *that humor can often help their relative* become more detached from symptoms.(p 12)

Family members say that humor can often help their relative
 Sub S A O
 V

- ❖ **Pattern 21: Sub + S + A + V + Prep + O**

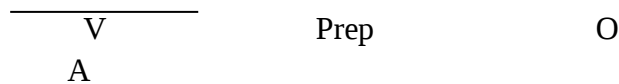
This pattern has **Subordinator, Subject, Adverbial, Verb, Preposition** and **Object** as its clause elements. This pattern can be found in the Article 1 *Prejudices and Stereotypes* & Article 3 *Don’t Be Fat*.

- **Article 1 Prejudices and Stereotypes**

54. Liz fails to notice that the woman is actually talking on
 Sub S A V Prep
a cell phone. (p 27)
 O

- **Article 3 Don’t Be Fat**

55. What is important to remember is that eating disorders
 Sub S
are often characterized by a set of psychological symptoms. (p 21)



❖ **Pattern 22: Sub + S + A + V + Prep + C**

This pattern has **Subordinator, Subject, Adverbial, Verb, Preposition** and **Complement** as its clause elements. This pattern can be found in the Article 3 *Don't Be Fat*.

• **Article 3 *Don't Be Fat***

56. The fact is ***that fatness most often is due to heredity and metabolism*** and no everyone can be as thin as they want to be, no matter how strong their commitment is. (p 21)

The fact is	<u>that fatness most often</u>	<u>is due</u>	<u>to</u>	<u>heredity and metabolism</u>
Sub	S	A	V	Prep C

❖ **Pattern 23: Sub + S + A + V + C**

This pattern has **Subordinator, Subject, Adverbial, Verb** and **Complement** as its clause elements. This pattern can be found in the Article 1 *Prejudices and Stereotypes*

• **Article 1 *Prejudices and Stereotypes***

57. At the same time, hey often think that everyone in an outgroup is the same. (p 28)
- | | | | |
|-----|---|---|---|
| Sub | S | A | V |
| | | | C |

❖ **Pattern 24: Sub + S + Prep + O + V**

This pattern has **Subordinator, Subject, Preposition, Object** and **Verb** as its clause elements. This pattern can be found in the Article 1 *Prejudices and Stereotypes*.

- **Article 1 *Prejudices and Stereotypes***

58. Researchers have found ***that hostility between groups decreases*** when those groups have to cooperate in order to reach a shared goal. (p 28)

Researchers have found that hostility between groups decreases
 Sub S Prep O V

59. Researchers show ***that prejudice and conflict among group can be reduced*** if four conditions are met. (p 28)

Researchers show that prejudice and conflict among group can be
 Sub S Prep O V
reduced.

- ❖ **Pattern 25: Sub + S + Adj. Cl.**

This pattern has **Subordinator, Subject** and **Adjective Clause** as its clause elements. This pattern can be found in the Article 1 *Prejudices and Stereotypes*, Article 2 *Learn More About OCD* & Article 3 *Don't Be Fat*.

- **Article 1 *Prejudices and Stereotypes***

60. They tend to make people see other groups as overly homogenous, even though people can easily see ***that the groups they belong to are heterogeneous.*** (p 27)

Sub S Adj Clause

- **Article 2 *Learn More About OCD***

61. For example, you may check the stove twenty times to make sure it's really turned off, you're your hands until they're scrubbed raw, or drive around for hours to make sure that the bump you heard while driving wasn't a person you ran over. (p 10)
- Sub S Adjective Clause

- **Article 3 *Don't Be Fat***

62. You will notice that these amount to hundreds and hundreds of extra calories that you just aren't burning off at the gym. (p 19)
- Sub S Adj. Cl.

❖ **Pattern 26: Sub + Adv. Cl.**

This pattern has **Subordinator** and **Adverbial Clause** as its clause elements.

This pattern can be found in the Article 2 *Learn More About OCD* & Article 3 *Don't Be Fat*.

- **Article 2 *Learn More About OCD***

63. Doubters and sinners are afraid that if everything isn't perfect or done just right something terrible will happen or they will be punished. (p 10)
- Sub Adv. Cl.

- **Article 3 *Don't Be Fat***

64. Science is now showing that in order to lose weight and maintain that weight you need to give yourself about an hour a day. (p 19)
- Sub Adv. Cl.

65. Evidence indicates *that when people lose weight, they lose fat and protein*, but when they regain, they regain mostly fat. (p 21)

Evidence indicates that when people lose weight, they lose fat and protein
 Sub Adv Clause

❖ **Pattern 27: Sub + S + A + V**

This pattern has **Subordinator**, **Subject**, **Adverbial** and **Verb** as its clause elements. This pattern can be found in the Article 3 *Don't Be Fat*.

• **Article 3 *Don't Be Fat***

66. At the end of it I think you will be surprised *that you aren't really doing* as much as you thought you were. (p 19)

I think you will be surprised that you aren't really doing
 Sub S A V

❖ **Pattern 28: Sub + A + S + V + O + C**

This pattern has **Subordinator**, **Adverbial**, **Subject**, **Verb**, **Object** and **Complement** as its clause elements. This pattern can be found in the Article 3 *Don't Be Fat*.

• **Article 3 *Don't Be Fat***

67. In this post on losing weight I talked about the fact that over time those second helpings and large portion makes you fat. (p 19)

Sub A
those second helpings and large portion makes you fat.
 S V O C

❖ **Pattern 29: It + Be + A + Adj + Sub + S + V + C**

This pattern be found in the Article 3 *Don't Be Fat*.

- **Article 3 *Don't Be Fat***

1. The fact is ***that fatness most often is due to heredity and metabolism*** and no everyone can be as thin as they want to be, no matter how strong their commitment is. (p 21)

The fact is that fatness most often is due to heredity and metabolism
 Sub S A V Prep C

The noun clause of the above sentence is ***that fatness most often is due to heredity and metabolism***. The elements of the clause are **Subordinator, Subject, Adverbial, Verb, Preposition** and **Complement**. This pattern does not follow the grammarians' rule because the subject is followed by an adverbial. Actually the subject should be followed by a verb.

❖ **Pattern 2: Sub + S + A + V + Prep + O**

This pattern be found in the Article 1 *Prejudices and Stereotypes* & Article 3 *Don't Be Fat*.

- **Article 1 *Prejudices and Stereotypes***

2. Liz fails to notice that the woman is actually talking on
 Sub S

V

 Prep
 A
a cell phone. (p 27)
 O

The noun clause of the above sentence is ***that the woman is actually talking on a cell phone***. The elements of the clause are **Subordinator, Subject, Adverbial, Verb, Preposition** and **Object**. This pattern does not follow the grammarians' rule because the subject is followed by an adverbial. Actually the subject should be followed by a verb.

- **Article 3 *Don't Be Fat***

3. What is important to remember is that eating disorders

Sub
S
are often characterized by a set of psychological symptoms. (p 21)
A
V
Prep
O

The noun clause of the above sentence is *that eating disorders are often characterized by a set of psychological symptoms.* The elements of the clause are **Subordinator, Subject, Adverbial, Verb, Preposition** and **Object**. This pattern does not follow the grammarians' rule because the subject is followed by an adverbial. Actually the subject should be followed by a verb.

❖ **Pattern 3: Sub + S + Adj. Cl.**

This pattern be found in the Article 1 *Prejudices and Stereotypes*, Article 2 *Learn More About OCD* & Article 3 *Don't Be Fat*.

- **Article 1 *Prejudices and Stereotypes***

4. They tend to make people see other groups as overly homogenous, even though people can easily see that the groups they belong to are
Sub
S
Adj Clause
heterogeneous. (p 27)

The noun clause of the above sentence is *that the groups they belong to are heterogeneous.* The elements of the clause are **Subordinator, Subject** and **Adjective Clause**. Actually, there is a *that* subordinator which introduce the adjective clause "*they belong to are heterogenous*", but it is omitted. This pattern

does not follow the grammarians' rule because the subject is followed by an adjective clause. Actually the subject should be followed by a verb.

- **Article 2 *Learn More About OCD***

5. For example, you may check the stove twenty times to make sure it's really turned off, you're your hands until they're scrubbed raw, or drive around for hours to make sure that the bump you heard while driving wasn't a person you ran over. (p 10)

Sub S Adjective Clause

The noun clause of the above sentence is *that the bump you heard while driving wasn't a person you ran over.* The elements of the clause are **Subordinator, Subject** and **Adjective Clause**. Actually, there is a *that* subordinator which introduce the adjective clause “*you heard while driving wasn't a person you ran over*” but it is omitted. This pattern does not follow the grammarians' rule because the subject is followed by an adjective clause. Actually the subject should be followed by a verb.

- **Article 3 *Don't Be Fat***

6. You will notice that these amount to hundreds and hundreds of extra calories that you just aren't burning off at the gym. (p 19)

Sub S

Adj. Cl.

The noun clause of the above sentence is *that these amount to hundreds and hundreds of extra calories that you just aren't burning off at the gym.* It is derived from statement and functions as the object of the verb “*notice*”. The elements of the clause are **Subordinator, Subject** and **Adjective Clause**. This pattern does not

follow the grammarians' rule because the subject is followed by an adjective clause.

Actually the subject should be followed by a verb.

❖ **Pattern 4: Sub + S + A + V + C**

This pattern be found in the Article 1 *Prejudices and Stereotypes*.

- **Article 1 *Prejudices and Stereotypes***

7. At the same time, hey often think **that** **everyone** **in an outgroup** **is**
Sub S A V
the same. (p 28)
C

The noun clause of the above sentence is *that everyone in an outgroup is the same*. The elements of the clause are **Subordinator**, **Subject**, **Verb**, **Adverbial** and **Complement**. This pattern does not follow the grammarians' rule because the subject is followed by an adverbial. Actually the subject should be followed by a verb.

❖ **Pattern 5: Sub + S + Prep + O + V**

This pattern be found in the Article 1 *Prejudices and Stereotypes*.

- **Article 1 *Prejudices and Stereotypes***

8. Researchers have found **that hostility between groups decreases** when those groups have to cooperate in order to reach a shared goal. (p 28)

Researchers have found that hostility between groups decreases

Sub S Prep O V

The noun clause in the above sentence is *that hostility between groups decreases*. The elements of the clause are **Subordinator**, **Subject**, **Preposition**, **Object** and **Verb**. This pattern does not follow the grammarians' rule because the

the grammarians' rule because the subject is followed by an adverbial. Actually the subject should be followed by a verb.

11. Family members say ***that humor can often help their relative*** become more detached from symptoms.(p 12)

Family members say **that humor can often help their relative**
 Sub S | A | O
 V

The noun clause of the above sentence is ***that humor can often help their relative***. The elements of the clause are **Subordinator, Subject, Adverbial, Verb** and **Object**. This pattern does not follow the grammarians' rule because the subject is followed by an adverbial not a verb.

❖ **Pattern 7: Sub + Adv. Cl.**

This pattern be found in the Article 2 *Learn More About OCD* & Article 3 *Don't Be Fat*.

- **Article 2 Learn More About OCD**

12. Doubters and sinners are afraid **that if everything isn't perfect or done just right something terrible will happen or they will be punished.** (p 10)

The noun clause of the above sentence is ***that if everything isn't perfect or done just right something terrible will happen or they will be punished***. Actually, after the word "*afraid*" should be followed by a preposition "*of*" but it is omitted. The elements of the clause are **Subordinator** and **Adverbial Clause**. This pattern does not follow the grammarians' rule because the subordinator is followed by an adverbial clause not a subject.

- **Article 3 *Don't Be Fat***

13. Science is now showing that in order to lose weight and maintain that weight you need to give yourself about an hour a day. (p 19)

Sub Adv. Cl.

The noun clause of the above sentence is *that in order to lose weight and maintain that weight you need to give yourself about an hour a day.* The elements of the clause are **Subordinator** and **Adverbial Clause**. This pattern does not follow the grammarians' rule because the subordinator is followed by an adverbial clause not a subject.

14. Evidence indicates *that when people lose weight, they lose fat and protein,* but when they regain, they regain mostly fat. (p 21)

Evidence indicates that when people lose weight, they lose fat and protein

Sub Adv Clause

The noun clause of the above sentence is *that when people lose weight, they lose fat and protein.* The elements of the clause are **Subordinator** and **Adverbial Clause**. This pattern does not follow the grammarians' rule because the subordinator is followed by an adverbial clause not a subject.

❖ **Pattern 8: Sub + S + A + V**

This pattern be found in the Article 3 *Don't Be Fat*.

- **Article 3 *Don't Be Fat***

15. At the end of it I think you will be surprised *that you aren't really doing* as much as you thought you were. (p 19)

I think you will be surprised that you aren't really doing

Sub S A V

The noun clause of the above sentence is *it's remotely possible that every thin person who works out, is free of aches and pains*. The elements of the clause are **It, Be, Adverbial, Adjective, Subordinator, Subject, Verb and Complement**. This pattern does not follow the grammarians' rule because "Be" should be followed by an adjective not an adverbial.

4.5. Finding

It is figured out from the data analysis that there are 14 elements found in the 68 noun clauses of the three selected info article of *Hello Magazine*, those are Subordinator, Subject, Verb, Object, Complement, Adverbial, Noun, Adjective, Preposition, It, Be, Adjective Clause, Adverbial Clause and To Infinitive. The following table will illustrate it.

Table 4.5.1
The Noun Clause Elements

No.	Noun Clause Elements	Articles			Total
		Prejudices And Stereotypes	Learn More About OCD	Don't Be Fat	
1.	Subordinator (Sub)	19	17	30	66
2.	Subject (S)	20	16	29	65
3.	Verb (V)	19	15	28	62
4.	Object (O)	10	3	8	21
5.	Complement (C)	11	9	17	37

6.	Adverbial (A)	3	2	10	15
7.	Noun (N)	-	-	4	4
8.	Adjective (Adj)	1	1	6	8
9.	Preposition (Prep)	12	2	7	21
10.	It	1	-	1	2
11.	Be	1	-	1	2
12.	Adjective Clause (Adj Cl)	1	1	1	3
13.	Adverbial Clause (Adv Cl)	-	-	3	3
14.	To Infinitive (To Inf)	-	1	-	1

From the table above, it can be drawn that there are 66 subordinators, 65 subjects, 62 verbs, 21 objects, 37 complements, 15 adverbials, 4 nouns, 8 adjectives, 21 prepositions, 2 “It”, 2 “Be”, 3 adjective clauses, 3 adverbial clauses and 1 to infinitive.

After finding out the elements in each noun clauses, the noun clause pattern then can be determined. There are 29 noun clause patterns found from 68 noun clauses found in the three selected info articles of *Hello Magazine*. The following table will illustrate it.

Table 4.5.2
The Noun Clause Patterns

No	Pattern	Noun Clause Pattern	Articles			Total
			Prejudices and Stereotypes	Learn More About OCD	Don't Be Fat	
1.	PATTERN I	Sub + S + V	-	1	1	2
2.		Sub + S + V + C	4	8	7	19
3.		Sub + S + V + O	2	-	2	4
4.		Sub + S + V + O + C	-	-	2	2
5.		Sub + S + V + C + A	-	-	1	1
6.		Sub + S + V + Prep + O	1	1	1	3
7.	PATTERN I	Sub + S + V + Prep + C	3	1	2	6
8.		Sub + S + V + O + Prep + C	1	-	-	1
9.		Sub + S + V + Prep + C + Prep + O	1	-	-	1
10.		Sub + S + V+ A + C	-	-	1	1
11.		Sub + S + V + Inf.	-	1	-	1
12.		Sub + S + V + Prep + C + A	1	-	-	1
13.		S + V + Prep + O	1	-	-	1

	PATTERN					
14.	II	S + V + O + Prep + C	-	-	1	1
15 .	PATTERN III	It + Be + Adj + Sub + S + V + O	1	-	-	1
16.	PATTERN IV	Sub + Adj + N + S + V + A	-	-	3	3
17.		Sub + Adj + N + S + V	-	-	1	1
18.	PATTERN V	Sub + Adj + S + V	-	1	-	1
19.		Sub + Adj + S + V + Prep + C	-	-	1	1
20.	OTHER PATTERNS	Sub + S + A + V + O	-	2	-	2
21.		Sub + S + A + V + Prep + O	1	1	1	3
22.		Sub + S + A + V + Prep + C	-	-	1	1
23.		Sub + S + A + V + C	1	-	-	1
24.		Sub + S + Prep + O + V	2	-	-	2
25		Sub + S + Adj. Cl	1	1	1	3
26.		Sub + Adv. Cl	-	1	2	3
27.		Sub + S + A +V	-	-	1	1

28.		Sub + A + S + V + O + C	-	-	1	1
29.		It + Be + A + Adj + Sub + S + V + C	-	1	-	1

From the table above, it can be described that there are 29 noun clauses patterns of 68 noun clauses found in the three selected info articles of *Hello Magazine* where they are divided into 6 categories: Pattern I consists of 12 variations of noun clause patterns where 2 clauses are of **Sub + S + V**, 19 clauses are of **Sub + S + V + C**, 4 clauses are of **Sub + S + V + O**, 2 clauses are of **Sub + S + V + O + C**, 1 clause is of **Sub + S + V + C + A**, 3 clauses are of **Sub + S + V + Prep + O**, 6 clauses are of **Sub + S + V + Prep + C**, 1 clause is of **Sub + S + V + O + Prep + C**, 1 clause is of **Sub + S + V + Prep + C + Prep + O**, 1 clause is of **Sub + S + V + A + C**, 1 clause is of **Sub + S + V + Inf.** and 1 clause is of **Sub + S + V + Prep + C + A**. Patterns II consists of 2 variations of noun clause patterns where 1 clause is of **S + V + Prep + O** and 1 clause is of **S + V + O + Prep + C**. Patterns III consists of 1 pattern where 1 clause is of **It + Be + Adj + Sub + S + V + O**. Patterns IV consists of 2 variations of noun clause patterns where 3 clauses are of **Sub + Adj + N + S + V + A** and 1 clause is of **Sub + Adj + N + S + V**. Patterns V consists of 2 variations of noun clause patterns where 1 clause is of **Sub + Adj + S + V** and 1 clause is of **Sub + Adj + S + V + Prep + C**. Other patterns (Patterns VI) consists of 10 variations of noun clause patterns where 2 clauses are of **Sub + S + A + V + O**, 2 clauses are of **Sub + S + A + V + Prep + O**, 1 clause is of **Sub + S + A + V + Prep + C**, 1 clause is of **Sub + S + A + V + C**, 2 clauses are of **Sub + S + Prep + O + V**,

3 clauses are of **Sub + S + Adj. Cl.**, 3 clauses are of **Sub + Adv. Cl.** , 1 clause is of **Sub + S + A + V**, 1 clause is of **Sub + A + S + V + O + C** and 1 clause is of **It + Be + A + Adj + Sub + S + V + C**.

After determining the noun clause patterns of the 68 noun clauses found in the three selected info articles of *Hello Magazine*, it is found that there are 10 patterns that do not follow the grammarians' rule. The following table will illustrate it.

Table 4.5.3
The Mark Patterns of Noun Clauses

No	Mark Patterns of Noun Clauses	Articles			Total
		Prejudices and Stereotypes	Learn More About OCD	Don't Be Fat	
1.	Sub + S + A + V + O	-	2	-	2
2.	Sub + S + A + V + Prep + O	1	1	-	2
3.	Sub + S + A + V + Prep + C	-	-	1	1
4.	Sub + S + A + V + C	1	-	-	1
5.	Sub + S + Prep + O + V	2	-	-	2
6.	Sub + S + Adj. Cl.	1	1	1	3
7.	Sub + Adv. Cl.		1	2	3
8.	Sub + S + A + V	-	-	1	1
9.	Sub + A + S + V + O + C	-	-	1	1
10.	It + Be + A + Adj + Sub + S + V + C	-	1	-	1

From the table above, it can be described that 2 clauses are of **Sub + S + A + V + O** , 2 clauses are of **Sub + S + A + V + Prep + O** , 1 clause is of **Sub + S + A + V + Prep + C** , 1 clause is of **Sub + S + A + V + C** , 2 clauses are of **Sub + S + Prep + O + V** , 3 clauses are of **Sub + S + Adj. Cl.** , 3 clauses are of **Sub + Adv. Cl.** , 1 clause is of **Sub + S + A + V** , 1 clause is of **Sub + A + S + V + O + C** and 1 clause is of **It + Be + A + Adj + Sub + S + V + C.**

CHAPTER V

CONCLUSION AND SUGGESTION

5.1.CONCLUSION

The analysis that had been done in the previous chapter, surely can be used to answer the three problems of this analysis; those are the clause elements used to construct the noun clauses found in the selected info articles of *Hello Magazine*, the number of noun clause patterns found and whether the number of noun clause patterns that do not follow the grammarians' rule. So, it is concluded that:

1. There are 14 kinds of clause elements used to construct noun clauses found in 68 noun clauses of the three selected info articles of *Hello Magazine*, those are Subordinator, Subject, Verb, Object, Complement, Adverbial, Noun, Adjective, Preposition, It, Be, Adjective Clause, Adverbial Clause and To Infinitive. It is drawn that there are 66 Subordinator, 65 subjects, 62 verbs, 21 objects, 37 complements, 15 adverbials, 4 nouns, 8 adjectives, 21 prepositions, 2 "It", 2 "Be", 3 adjective clauses, 3 adverbial clause and 1 to infinitive.
2. There are 29 noun clause patterns found from 68 noun clauses of three selected info articles of *Hello Magazine* where they are divided into 6 categories: Pattern I consists of 12 patterns where 2 clauses are of **Sub + S + V**, 19 clauses are of **Sub + S + V + C**, 4 clauses are of **Sub + S + V + O**, 2 clauses are of **Sub + S + V + O + C**, 1 clause is of **Sub + S + V + C + A**, 3 clauses are of **Sub + S + V + Prep + O**, 6 clauses are of **Sub + S + V + Prep**

+ **C**, 1 clause is of **Sub + S + V + O + Prep + C**, 1 clause is of **Sub + S + V + Prep + C + Prep + O**, 1 clause is of **Sub + S + V + A + C**, 1 clause is of **Sub + S + V + Inf.** and 1 clause is of **Sub + S + V + Prep + C + A**. Patterns II consists of 2 patterns where 1 clause is of **S + V + Prep + O** and 1 clause is of **S + V + O + Prep + C**. Patterns III consists of 1 pattern where 1 clause is of **It + Be + Adj + Sub + S + V + O**. Patterns IV consists of 2 patterns where 3 clauses are of **Sub + Adj + N + S + V + A** and 1 clause is of **Sub + Adj + N + S + V**. Patterns V consists of 2 patterns where 1 clause is of **Sub + Adj + S + V** and 1 clause is of **Sub + Adj + S + V + Prep + C**. Other patterns consists of 10 patterns where 2 clauses are of **Sub + S + A + V + O**, 2 clauses are of **Sub + S + A + V + Prep + O**, 1 clause is of **Sub + S + A + V + Prep + C**, 1 clause is of **Sub + S + A + V + C**, 2 clauses are of **Sub + S + Prep + O + V**, 3 clauses are of **Sub + S + Adj. Cl.**, 3 clauses are of **Sub + Adv. Cl.**, 1 clause is of **Sub + S + A + V**, 1 clause is of **Sub + A + S + V + O + C** and 1 clause is of **It + Be + A + Adj + Sub + S + V + C**.

3. There are 10 noun clause patterns of 29 noun clause patterns found that do not follow the grammarians' rule, those are 2 clauses are of **Sub + S + A + V + O**, 2 clauses are of **Sub + S + A + V + Prep + O**, 1 clause is of **Sub + S + A + V + Prep + C**, 1 clause is of **Sub + S + A + V + C**, 2 clauses are of **Sub + S + Prep + O + V**, 3 clauses are of **Sub + S + Adj. Cl.**, 3 clauses are of **Sub + Adv. Cl.**, 1 clause is of **Sub + S + A + V**, 1 clause is of **Sub + A + S + V + O + C** and 1 clause is of **It + Be + A + Adj + Sub + S + V + C**.

5.2. SUGGESTION

Noun clause is an interesting topic to study . In this analysis, I only focus on grammatical construction of noun clause, but the uniqueness of noun clauses also can be observed through different aspects, for example translation. It is suggested to those who are interested in studying noun clause to observe the methods of translation used to translate noun clauses, for example from an English novel to Indonesian novel in order to find out whether there is a difference between the English and Indonesian structure in translating noun clauses.

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APPENDICES 1

THE NOUN CLAUSES USED IN THE ANALYSIS

A. NOUN CLAUSES FROM STATEMENTS

PREJUDICES AND STREOTYPES (VOL. 301 JANUARY 2011)

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1. An example of this is a religious person who discriminates against people of other religion because they believe **they are standing for the one true God or religion.**
2. To understand why prejudice exists **it is important that you can distinguish it** when it occurs.
3. The best way to do this is to recognize **that prejudice behavior has many forms** and that all people act with prejudice occasionally.
4. The best way to do this is to recognize that prejudice behavior has many forms and **that all people act with prejudice occasionally.**
5. This is an extreme form of racism that exists when people believe members of a certain group are inferior according to an imagined standard and **that these people do not deserve decent treatment.**

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6. When people encounter instances that disconfirm their stereotypes of a particular group, they tend to assume **that those instances are typical subtypes of the group.**
7. When he meets Al, an athletic gay man, he assumes **that Al is not a typical representative of gay people.**
8. When she sees an elderly woman sitting on a park bench alone, talking out loud, she thinks **that the woman is talking to herself because she is unstable.**
9. Liz fails to notice **that the woman is actually talking on a cell phone.**
10. They tend to make people see other groups as overly homogenous, even though people can easily see **that the groups they belong to are heterogeneous.**
11. Evolutionary psychologists have speculated **that humans evolved the tendency to stereotype** because it gave their ancestors an adaptive advantage.
12. Some evolutionary psychologists believe **that xenophobia, the fear of strangers or people different from oneself, has genetic roots.**
13. They argue **that humans are to some extent programmed by their genes** to respond positively to genetically similar people and negatively to genetically different people.

14. Evolutionary psychologists suggest **that prejudice allows people** to bond with their own group by contrasting their own group to outsider groups.
15. One reason for this is **that people differ in the type and extent of prejudice they harbor.**
16. People tend to think **that their own groups are composed of different sorts of people.**
17. At the same time, they often think **that everyone in an outgroup is the same.**
18. Researchers have found **that hostility between groups decreases** when those groups have to cooperate in order to reach a shared goal.
19. In such a situation, people in the two groups tend to feel **that they belong to one larger group rather than two separate groups.**
20. Researchers shows **that prejudice and conflict among group can be reduced** if four conditions are met.

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21. If you have OCD, you probably recognize **that your obsessive thoughts and compulsive behaviors are irrational.**
22. For example, you may check the stove twenty times to make sure it's really turned off, you're your hands until they're scrubbed raw, or drive around for hours to make sure **that the bump you heard while driving wasn't a person you ran over.**
23. You don't want to have these ideas in fact, you know **that they don't make any sense.**
24. Doubters and sinners are afraid **that if everything isn't perfect or done just right something terrible will happen or they will be punished.**
25. Hoarders fear **that something bad will happen if they throw anything away.**
26. Just because you have obsessive thoughts or perform compulsive behaviors does not mean **that you have obsessive compulsive disorder.**

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27. It's also important to note **that OCD is anxiety disorder**, and in children, the symptoms of anxiety usually change overtime.
28. In this way, you learn **that you don't need the ritual to get rid of your anxiety** – that you have some control over your obsessive thoughts and compulsive behaviors.
29. In this way, you learn that you don't need the ritual to get rid of your anxiety – **that you have some control over your obsessive thoughts and compulsive behaviors.**
30. Studies show **that exposure and response prevention can actually "retrain" the brain**, permanently reducing the occurrence of obsessive-compulsive disorder symptoms.
31. RELABEL: Recognize **that the intrusive obsessive thoughts and urges are the result of OCD.**

32. REATTRIBUTE: Realize **that the intensity and intrusiveness of the thought or urge is caused by OCD**; it is probably related to a biochemical imbalance in the brain.

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33. Remember **that your relative is a person with a disorder**, but who is healthy and able in many other ways.
34. Family members say **that humor can often help their relative** become more detached from symptoms.

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35. Sure, there are certain kinds of physical activities that a woman can be too heavy or large to participate in, but exercise doesn't mean **that the obese individual must attempt stunts** in which substantial body weight creates a problem, such as running, inline skating or squat jumps.
36. Ask yourself if it's remotely possible **that every thin person who works out, is free of aches and pains**.

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37. Science is now showing **that in order to lose weight and maintain that weight you need to give yourself about an hour a day**.
38. At the end of it I think you will be surprised **that you aren't really doing** as much as you thought you were.
39. In this post on losing weight I talked about the fact **that over time those second helpings and large portion makes you fat**.
40. You will notice **that these amount to hundreds and hundreds of extra calories that you just aren't burning off at the gym**.
41. A lot of women are just never told **that they are in control of their own mind**.
42. And while I understand **that TV is a great way to unwind after a hard day**, I also understand that it is a complete waste of time.
43. And while I understand that TV is a great way to unwind after a hard day, I also understand **that it is a complete waste of time**.

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44. The sad thing is **that I see so many women attempting to lose weight based on false information**.
45. Science has shown **that the human body gets "comfortable" with being overweight and struggle to lose it**.
46. And it is my firm belief **that that figure can go up and up with the right information**.
47. Some research findings suggested **that males and females with an eating disorder have similar clinical characteristics, such as obsession with thinness, distorted body image, and emotional problem**.
48. For example, **the idea that fat makes you fat**.

49. Evidence indicates **that when people lose weight, they lose fat and protein**, but when they regain, they regain mostly fat.
50. The first faulty assumption is **that fatness is caused by lifestyle**.
51. The fact is **that fatness most often is due to heredity and metabolism** and no everyone can be as thin as they want to be, no matter how strong their commitment is.
52. The second faulty assumption is **that a sensible diet (i.e., a low calories diet) can control weight gains**.
53. The fact is **that such a diet may lead to more weight gain**, as mentioned in Myth #4.
54. The truism is **that thinness is a prevailing unhealthy obsession in our society** and we tend to mislabel thinnest as “happy ever after”.
55. What is important to remember is **that eating disorders are often characterized by a set of psychological symptoms**.
56. The good news is **that eating disorders can be prevented** and successfully treated.

B. NOUN CLAUSES FROM QUESTIONS BEGINNING WITH INTERROGATIVE WORDS

LEARN MORE ABOUT OCD (VOL. 302 FEBRUARY 2011)

57. Share **what you’ve learned with your friend or family member** and let them know there is help available.
58. State **what you want to happen**, rather than criticizing your relative for past behaviors.

DON’T BE FAT (VOL. 303 MARCH 2011)

59. This is the first time we’ve been able to systematically look at **what stops obese women from getting the activity they need**,”says Melissa Napolitano, kinesiology associate professor, and clinical psychologist at the Center from Obesity Research and Education at Temple University.
60. The six cited reasons **why obese women are afraid or very reluctant** to start an exercise programs are as follows.

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61. Most of **what we are being told in media about weight loss** is just incorrect.
62. This may be a factor in **why they develop problematic relationship with food**: sometimes, restricting food intake to attain desirable slimness and femininity and sometimes, indulging in food to comfort emotional distress.

C. NOUN CLAUSES FROM EXCLAMATION

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63. People with OCD know **how absurd their fears are**.

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64. Write down exactly **how much exercise you do for the next two weeks**.
65. Again, write down **how many second helpings you have in a two week period**.
66. Take note of **how many meals you eat** that are much bigger than they should be.
67. It is high time that women of the world realized **how beneficial weight training is for weight loss and muscle toning**.
68. If you are overweight I want you to take a look at **how many hours of TV you watch per day**.

APPENDICES 2

ARTICLE 1



People behave according to prejudice when they react negatively to others on an emotional basis without direct contact or factual material about the others.

PREJUDICES AND STEREOTYPES

People hate when someone acts with prejudice, but some types of prejudice are more hated than others. Here are a few reasons why people act with prejudice.

#1) The utilitarian or adjustment reason.

People have prejudices because in their culture these attitudes lead to rewards or avoidance of punishment. People want to be liked and will reject others if necessary to gain acceptance.

#2) The ego-defensive reason.

People hold certain prejudices to protect themselves from admitting inadequacies or problems with themselves.

#3) The value-expressive reason.

People hold certain prejudices because they are trying to express the aspects of life that they highly value. An example of this is a religious person who discriminates against people of other reli-

gions because they believe they are standing for the one true God or religion.

#4) The knowledge reason.

People hold certain prejudices because it organizes information about the world in a way that makes sense to them. They employ stereotypes when meeting people from a certain group so they do not have to think about the individual and can move on to other information more quickly.

To understand why prejudice exists it is important that you can distinguish it when it occurs. The best way to do this is to recognize that prejudice behavior has many forms and that all people act with prejudice occasionally.

#1) Red neck racism.

This is an extreme form of racism that exists when people believe members of a certain group are inferior according to an imagined standard and that these people

do not deserve decent treatment. Usually as years of formal education increases, incidences of this type of racism decrease.

#2) Symbolic racism.

Symbolic racism occurs when people have negative feelings about a group because they feel the group is interfering with aspects of their culture that they have become familiar with. People in this category do not dislike the other group, but do dislike the perceived effects of the group. This form of prejudice is more widespread than redneck racism.

#3) Tokenism.

Tokenism is when people hold negative feelings about a group but do not want to admit it. They do not view themselves as prejudice or discriminatory because they engage in positive, but unimportant, intergroup behaviors. For example, they give a small amount of money to a group and then later refuse to donate a large amount or give time to

that same group when they emphasize intergroup relations.

#4) Arms-length prejudice.

People act friendly with people of a group in certain situations but keep those same people at a distance in other situations. Usually this form of prejudice occurs in settings that are more intimate, for example, a person is friendly in a casual work setting but hostile with more intimate behaviors like neighbor relations or dating.

#5) Real likes and dislikes.

In this type of everyday prejudice, people harbor negative feelings about a group because members of the group engage in behaviors that people dislike. An example is a person who dislikes littering that is less likely to interact pleasantly with members of a group that were seen littering.

#6) The familiar and unfamiliar.

This form occurs when people socialized into one culture are comfortable with aspects of their culture and when interacting with people from another culture they find behaviors and ideas unfamiliar and therefore unacceptable. Because of this people prefer to interact with members of their own cultural group. This may be seen as racism but may just be a reflection of people's preference for what is comfortable and non-stressful.

Stereotypes

Stereotypes are beliefs about people based on their membership in a particular group. Stereotypes can be positive, negative, or neutral. Stereotypes based on gender, ethnicity, or occupation are common in many societies.

Examples: People may stereotype women as nurturing or used car salespeople as dishonest.

The Stability of Stereotypes

Stereotypes are not easily changed, for the following reasons:

* When people encounter instances that disconfirm their stereotypes of a particular group, they tend to assume that those instances are atypical subtypes of the group. Example: Ben stereotypes gay

men as being unathletic. When he meets Al, an athletic gay man, he assumes that Al is not a typical representative of gay people.

* People's perceptions are influenced by their expectations. Example: Liz has a stereotype of elderly people as mentally unstable. When she sees an elderly woman sitting on a park bench alone, talking out loud, she thinks that the woman is talking to herself because she is unstable. Liz fails to notice that the woman is actually talking on a cell phone.

* People selectively recall instances that confirm their stereotypes and forget about disconfirming instances. Example: Paul has a stereotype of Latin Americans as academically unmotivated. As evidence for his belief, he cites instances when some of his Latin American classmates failed to read required class material. He fails to recall all the times his Latin American classmates did complete their assignments.

Functions

Stereotypes have several important functions:

* They allow people to quickly process new information about an event or person.

* They organize people's past experiences.

* They help people to meaningfully assess differences between individuals and groups.

* They help people to make predictions about other people's behavior.

Everyday Use of Stereotypes

The word stereotype has developed strong negative connotations for very good reasons. Negative stereotypes of different groups of people can have a terrible influence on those people's lives. However, most people do rely on stereotypes nearly every day to help them function in society. For example, say a woman has to work late and finds herself walking home alone on a dark city street. Walking toward her is a group of five young men talking loudly and roughhousing. The woman crosses the street and enters a convenience store until the young men

pass, then continues on her way. Most people would say she acted prudently, even though she relied on a stereotype to guide her behavior.

Dangers

Stereotypes can lead to distortions of reality for several reasons:

* They cause people to exaggerate differences among groups.

* They lead people to focus selectively on information that agrees with the stereotype and ignore information that disagrees with it.

* They tend to make people see other groups as overly homogenous, even though people can easily see that the groups they belong to are heterogeneous.

Evolutionary Perspectives

Evolutionary psychologists have speculated that humans evolved the tendency to stereotype because it gave their ancestors an adaptive advantage. Being able to decide quickly which group a person belonged to may have had survival value, since this enabled people to distinguish between friends and enemies.

Xenophobia

Some evolutionary psychologists believe that xenophobia, the fear of strangers or people different from oneself, has genetic roots. They argue that humans are to some extent programmed by their genes to respond positively to genetically similar people and negatively to genetically different people.

Prejudice

A prejudice is a negative belief or feeling about a particular group of individuals. Prejudices are often passed on from one generation to the next.

Functions

Prejudice is a destructive phenomenon, and it is pervasive because it serves many psychological, social, and economic functions:

* Prejudice allows people to avoid doubt and fear. Example: Rachel's parents came from a working-class background but are now wealthy business owners. Rachel might develop a dislike of the working class because she does not want to be

identified with working-class people. She believes such an association would damage her claim to upper-class social status.

* Prejudice gives people scapegoats to blame in times of trouble. Example: Glen blames his unemployment on foreign nationals whom he believes are incompetent but willing to work for low wages.

* Prejudice can boost self-esteem. Example: A poor white farmer in the nineteenth-century South could feel better about his own meager existence by insisting on his superiority to African-American slaves.

* Evolutionary psychologists suggest

prejudice they harbor. For example, a person who makes demeaning comments about a particular ethnic group may be bigoted or just ignorant. Also, people often do not admit to being prejudiced.

People may often have implicit unconscious prejudices even when they do not have explicit prejudices. Researchers assess implicit prejudice in three ways:

* Some researchers assess attitudes that suggest prejudice, such as a strong emotional objection to affirmative action.

* Some researchers observe behavior rather than assess attitudes. People's behavior in stressful situations may be particularly useful at revealing implicit prejudice.

people. At the same time, they often think that everyone in an outgroup is the same. According to the contact hypothesis, prejudice declines when people in an ingroup become more familiar with the customs, norms, food, music, and attitudes of people in an outgroup. Contact with the outgroup helps people to see the diversity among its members.

Competition and Cooperation

Hostility between an ingroup and an outgroup increases when groups compete. Researchers have found that hostility between groups decreases when those groups have to cooperate in order to reach a shared goal. In such a situation, people in the two groups tend to feel that they belong to one larger group rather than two separate groups.

Reducing Prejudice

Research shows that prejudice and conflict among groups can be reduced if four conditions are met:

* The groups have equality in terms of legal status, economic opportunity, and political power.

* Authorities advocate equal rights.

* The groups have opportunities to interact formally and informally with each other.

* The groups cooperate to reach a common goal. (pam)

<http://www.sparknotes.com/psychology/psych101/socialpsychology/section2.rhtml>

http://www.associatedcontent.com/article/355129/why_people_act_with_prejudice.html?cat=72



that prejudice allows people to bond with their own group by contrasting their own groups to outsider groups. Example: Most religious and ethnic groups maintain some prejudices against other groups, which help to make their own group seem more special.

* Prejudice legitimizes discrimination because it apparently justifies one group's dominance over another. Example: Pseudoscientific arguments about the mental inferiority of African Americans allowed whites to feel justified in owning slaves.

Measuring Prejudice

Researchers find it difficult to measure prejudice. One reason for this is that people differ in the type and extent of

* Some researchers assess the unconscious associations people have about particular groups.

Ingroups and Outgroups

People's social identities depend on the groups they belong to. From a person's perspective, any group he belongs to is an ingroup, and any group he doesn't belong to is an outgroup. People generally have a lower opinion of outgroup members and a higher opinion of members of their own group. People who identify strongly with a particular group are more likely to be prejudiced against people in competing outgroups.

People tend to think that their own groups are composed of different sorts of

decent, adj: sopan
demeaning, adj: memalukan
exaggerate, v: melebih-lebihkan
heterogeneous, adj: berbeda-beda
homogenous, adj: sama semua
inadequacy, n: kekurangan
ingroup: dalam satu kelompok
interfere, v: menghalangi, mengganggu
meager, adj: tak penting, rendah
outgroup: di luar kelompok
pervasive, adj: menguasai, mempengaruhi
prudently, adv: carefully
scapegoat, n: kambing hitam
treatment, n: perlakuan
utilitarian, adj: praktis
working-class, n: kelas pekerja, buruh
upper-class, n: kelas atas

ARTICLE 2



LEARN MORE ABOUT OCD

Obsessive-compulsive disorder (OCD) is an anxiety disorder characterized by uncontrollable, unwanted thoughts and repetitive, ritualized behaviors you feel compelled to perform.

If you have OCD, you probably recognize that your obsessive thoughts and compulsive behaviors are irrational – but even so, you feel unable to resist them and break free.

Like a needle getting stuck on an old record, obsessive-compulsive disorder (OCD) causes the brain to get stuck on a particular thought or urge. For example, you may check the stove twenty times to make sure it's really turned off, you're your hands until they're scrubbed raw, or drive around for hours to make sure that the bump you heard while driving wasn't a person you ran over.

Understanding obsessions and compulsions

Obsessions are involuntary, seemingly uncontrollable thoughts, images, or impulses that occur over and over again in your mind. You don't want to have these ideas – in fact, you know that they don't make any sense. But you can't stop them. Unfortunately, these obsessive thoughts are usually disturbing and distracting.

Compulsions are behaviors or rituals that you feel driven to act out again and again. Usually, compulsions are performed in an attempt to make obsessions go away. For example, if you're afraid of contamination, you might develop elaborate cleaning rituals. However, the relief never lasts. In fact, the obsessive thoughts usually come back stronger. And the compulsive behaviors often end up causing anxiety themselves as they become more demanding and time-consuming.

Most people with obsessive-compulsive disorder fall into one of the following categories:

- * Washers are afraid of contamination. They usually have cleaning or hand-washing compulsions.
- * Checkers repeatedly check things (oven turned off, door locked, etc.) that they associate with harm or danger.
- * Doubters and sinners are afraid that if everything isn't perfect or done just right something terrible will happen or they will be punished.
- * Counters and arrangers are obsessed with order and symmetry. They may have superstitions about certain numbers, colors, or arrangements.
- * Hoarders fear that something bad will happen if they throw anything away. They compulsively hoard things that they don't need or use.

Just because you have obsessive thoughts or perform compulsive behaviors

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does NOT mean that you have obsessive-compulsive disorder. Many people have mild obsessions or compulsions that are strange or irrational, but they're still able to lead their lives without much disruption. But with obsessive-compulsive disorder, these thoughts and behaviors cause tremendous distress, take up a lot of time, and interfere with your daily routine, job, or relationships.

Signs and symptoms

Most people with obsessive-compulsive disorder (OCD) have both obsessions and compulsions, but some people experience just one or the other. The symptoms of OCD may wax and wane over time. Often, the symptoms get worse in times of stress.

Common obsessive thoughts in OCD include:

- * Fear of being contaminated by germs or dirt or contaminating others
- * Fear of causing harm to yourself or others
- * Intrusive sexually explicit or violent thoughts and images
- * Excessive focus on religious or moral ideas
- * Fear of losing or not having things you might need
- * Order and symmetry: the idea that everything must line up "just right."
- * Superstitions; excessive attention to something considered lucky or unlucky

Common compulsive behaviors in OCD include:

- * Excessive double-checking of things, such as locks, appliances, and switches.
- * Repeatedly checking in on loved ones to make sure they're safe.
- * Counting, tapping, repeating certain words, or doing other senseless things to reduce anxiety.
- * Spending a lot of time washing or cleaning.
- * Ordering, evening out, or arranging things "just so."
- * Praying excessively or engaging in rituals triggered by religious fear.
- * Accumulating "junk" such as old newspapers, magazines, and empty food containers, or other things you don't have a use for.

Obsessive-compulsive disorder (OCD) symptoms in children

While the onset of obsessive-compulsive disorder usually occurs during adolescence or young adulthood, younger children sometimes have symptoms that look like OCD. However, the symptoms of other disorders, such as ADD, autism, and Tourette's syndrome can also look like obsessive-compulsive disorder, so a thorough medical and psychological exam is essential before any diagnosis is made. It's also important to note that OCD is an anxiety disorder, and in children, the symptoms of anxiety usually change over time. So a child with OCD symptoms will not necessarily have OCD as an adult. What's most important is to make environmental and behavioral changes to reduce your child's anxiety.

Therapy for obsessive-compulsive disorder (OCD)

There are many effective treatments for obsessive-compulsive disorder (OCD), ranging from therapy to self-help and medication. However, the treatment for OCD with the most research supporting its effectiveness is cognitive-behavioral therapy.

Cognitive-behavioral therapy for obsessive-compulsive disorder involves two components:

- * Exposure and response prevention
- * Cognitive therapy

Exposure and response prevention for OCD

Exposure and response prevention involves repeated exposure to the source of your obsession. Then you are asked to refrain from the compulsive behavior you'd usually perform to reduce your anxiety.

For example, if you are a compulsive hand washer, you might be asked to touch the door handle in a public restroom and then be prevented from washing up. As you sit with the anxiety, the urge to wash your hands will gradually begin to go away on its own. In this way, you learn that you don't need the ritual to get rid of your anxiety - that you have some control over your obsessive thoughts and compulsive

behaviors.

Studies show that exposure and response prevention can actually "retrain" the brain, permanently reducing the occurrence of obsessive-compulsive disorder symptoms. This type of OCD therapy can even extinguish compulsive behaviors entirely.

Cognitive therapy for OCD

The cognitive therapy component for obsessive-compulsive disorder (OCD) focuses on the catastrophic thoughts and exaggerated sense of responsibility you feel. A big part of cognitive therapy for OCD is teaching you healthy and effective ways of responding to obsessive thoughts, without resorting to compulsive behavior.

Four Steps for Conquering Obsessive Thoughts and Compulsive Urges

Psychiatrist Jeffrey Schwartz, author of *Brain Lock: Free Yourself from Obsessive-Compulsive Behavior*, offers the following four steps for dealing with OCD:

1. **RELABEL** - Recognize that the intrusive obsessive thoughts and urges are the result of OCD.
2. **REATTRIBUTE** - Realize that the intensity and intrusiveness of the thought or urge is caused by OCD; it is probably related to a biochemical imbalance in the brain.
3. **REFOCUS** - Work around the OCD thoughts by focusing your attention on something else, at least for a few minutes. Do another behavior.
4. **REVALUE** - Do not take the OCD thought at face value. It is not significant in itself.

In addition to cognitive-behavioral therapy, the following treatments are also used for obsessive-compulsive disorder (OCD):

- * **Medication** - Antidepressants are sometimes used in conjunction with therapy for the treatment of obsessive-compulsive disorder. However, medication alone is rarely effective in relieving the symptoms of OCD.
- * **Family Therapy** - Because OCD often causes problems in family life and social adjustment, family therapy is often advised. Family therapy promotes under-

standing of the disorder and can help reduce family conflicts. It can also motivate family members and teach them how to help their loved one.

* **Group Therapy** - Group therapy is

at local or online bookstores.

* Practice the skills you've learned in therapy. Using the skills you've learned in therapy, actively work toward eliminating your obsessions and compulsive behaviors.

This is a challenge that requires commitment and daily practice.

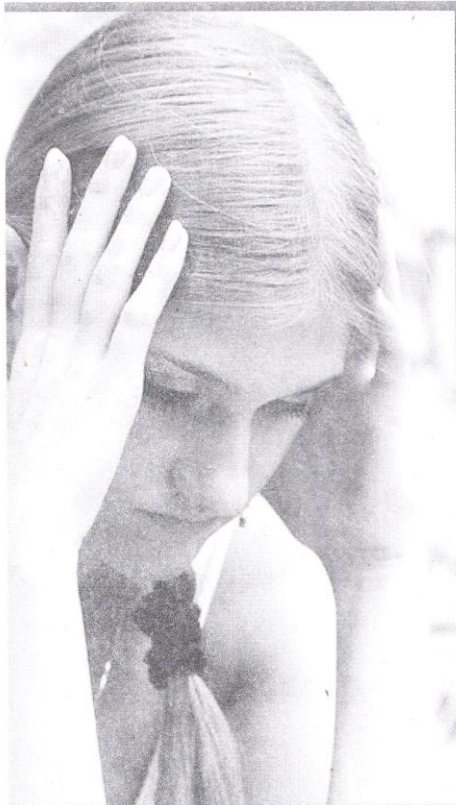
* Stay connected to family and friends. Obsessions and compulsions can consume your life to the point of social isolation. In turn, social isolation can aggravate your OCD. It's important to have a network of family and friends you can turn to for help and support. Involving others in your treatment can

everything you can about the disorder and make sure your loved one has access to information about it as well. Share what you've learned with your friend or family member and let them know there is help available. Simply knowing the condition is treatable may provide enough motivation to get them into a therapist's office.

How to Relate to Your Family Member with OCD

* View your relative's obsessive-compulsive behaviors as symptoms, not character flaws. Remember that your relative is a person with a disorder, but who is healthy and able in many other ways. Focus on the whole person.

* Do not allow OCD to take over family life. As much as possible, keep stress low



Stay connected to family and friends. Obsessions and compulsions can consume your life to the point of social isolation

help guard against setbacks and keep you motivated.

* Join an OCD support group. You're not alone in your struggle with OCD, and participating in a support group is an effective reminder of that. In a support group, you can share your experience and learn from others who are going through the same thing you are. Click here to search the

Obsessive Compulsive Foundation's support group database.

* Practice relaxation techniques. Meditation, yoga, deep breathing, and other stress relief techniques may help reduce the symptoms of anxiety brought on by OCD. Mindfulness meditation may be particularly helpful to OCD sufferers.

Helping a loved one with obsessive-compulsive disorder (OCD)

If your friend or family member has OCD, your most important job is to educate yourself about the disorder. Learn

and family life normal.

* Do not participate in your relative's rituals. If you have helped with rituals in the past, it may take time and practice to change this pattern. In order for people with OCD to make progress, family and friends must resist helping with ritual behaviors. Supporting the rituals, including reassurance rituals, hinders progress.

* Communicate positively, directly and clearly. State what you want to happen, rather than criticizing your relative for past behaviors. Avoiding personal criticism can help your relative feel accepted while he or she is making difficult changes.

* Mix humor with caring. Support doesn't always have to be serious. People with OCD know how absurd their fears are. They can often see the funny side of their symptoms, as long as the humor does not feel disrespectful. Family members say that humor can often help their relative become more detached from symptoms. (pbudi)

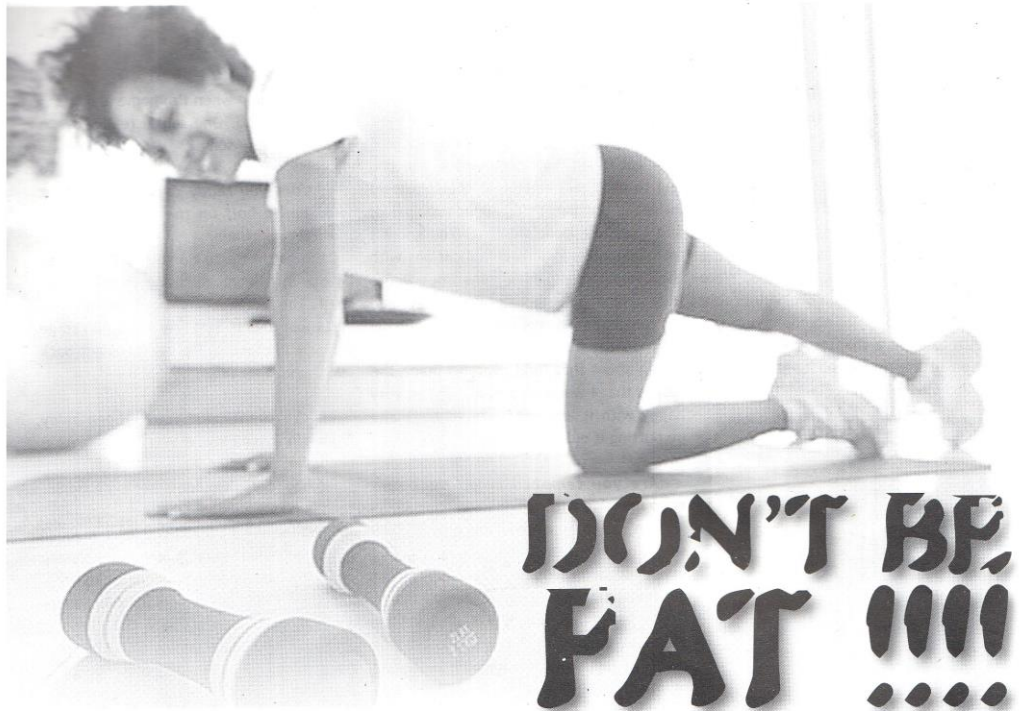
http://helpguide.org/mental/obsessive_compulsive_disorder OCD.htm

another helpful obsessive-compulsive disorder treatment. Through interaction with fellow OCD sufferers, group therapy provides support and encouragement and decreases feelings of isolation.

Dealing with and obsessive thoughts and compulsive behaviors:

* Educate yourself. Learn everything you can about OCD. Read books on the disorder and talk to your therapist and doctor. The more you know, the better able you will be to manage your symptoms. You can find many books about OCD

ARTICLE 3



If you're an obese woman who can't bring herself to start an exercise program, you fall under at least one category for being afraid to exercise. There are six reasons obese women fear exercise. Researchers from the Center for Obesity Research and Education and the department of kinesiology at Temple University, shed some bright lights on this with a study analyzing survey results of obese and normal size women.

"This is the first time we've been able to systematically look at what stops obese women from getting the activity they need," says Melissa Napolitano, kinesiology associate professor, and clinical psychologist at the Center for Obesity Research and Education at Temple University.

The six cited reasons why obese women are afraid or very reluctant to start an exercise program are as follows:

Feeling "too fat" to exercise. This is so common a reason. Sure, there are certain kinds of physical activities that a woman can be too heavy or large to participate in, but exercise doesn't mean that the obese indi-

vidual must attempt stunts in which substantial body weight creates a problem, such as running, inline skating or squat jumps.

Look at it this way: If you're obese and have a habit of lifting up babies or toddlers, then you are not too fat to lift up dumbbells, push against resistance machines or pull weighted bars towards you on a pulley system. If you don't use a wheelchair or walker, you're a candidate for a walking program.

Having aches or pains. Ask yourself if it's remotely possible that every thin person who works out, is free of aches and pains. I guarantee it, many people with "perfect" bodies exercise through pain. I don't endorse performing any activity that aggravates an

injury, such as bench pressing with a rotator cuff strain; however, sometimes a thin person has pain that she must live with (e.g., diabetes neuropathy, peripheral vascular disease, old injury from car accident), yet works out anyways, within reason, of course.

Fear of injury. Avoid exercises that you think might cause injury. Don't jump rope. Don't skateboard. Don't ski. Don't lift barbells over your head. There's plenty of exercises to choose from that, when performed with correct form, are very safe -- a lot safer than housework! An obese woman is far more likely to strain her back doing housework than performing controlled, structured exercise with a pair of dumbbells, tension tubing or resistance machines!

Fear of failure. An obese woman should write out her exercise goal – not in terms of results, but in terms of minutes spent working out. The completion of these minutes is automatic success. Write in your daytimer, for instance, 10 minutes of nonstop walking on the treadmill, on a particular day. Then just do it. It's impossible to fail if you do it! (But swing your arms while walking; holding on is cheating.) There is no failure at completing a task!

Not feeling healthy enough. The obese woman should get a complete physical and ask her doctor if it's okay to exercise. I can't imagine a physician telling an obese woman, "Exercise will damage your arteries, raise your cholesterol, and raise your risk for diabetes." Can you?

7 reasons you are fat

1. You don't exercise, really

Okay so you go to the gym twice a week. That's a good start. That will give you a nice base level of fitness. But if you want to really lose weight and get healthy you need to be exercising every single day. Period. Science is now showing that in order to lose weight and maintain that weight you need to give yourself about an hour a day. It doesn't matter what exercise you do, but you aren't doing enough of it.

Write down exactly how much exercise you do for the next two weeks. At the end of it I think you will be surprised that you aren't really doing as much as you thought you were. We need to change this habit fast.

2. You go back for seconds

I have been really pushing this idea lately because I know a lot of women out there who just don't respect the idea of portion sizes. In this post on losing weight I talked about the fact that over time those second helpings and large portion sizes make you fat. Really fat. Why? Because every time you eat a bigger meal than you should or go back for a second helping you are taking in calories that you can't burn off. And over the months and years those extra calories add up to kilos and kilos of fat.

Again, write down how many second helpings you have in a two week period. Take note of how many meals you eat that are much bigger than they should be. You

Write down exactly how much exercise you do for the next two weeks. At the end of it I think you will be surprised that you aren't really doing as much as you thought you were. We need to change this habit fast.

will notice that these amount to hundreds and hundreds of extra calories that you just aren't burning off at the gym.

3. You don't eat natural

As long as you are eating man made foods you are going to be overweight. The human body has been evolving for thousands of years to function perfectly on natural foods like fruits and vegetables. And then, all of a sudden, about 40 years ago everything went processed. We stopped eating the things that grow in the wild and started eating processed foods like chips, pastas, take away, frozen dinners and so on. The body doesn't know how to handle these things.

The level of sugar, salt and preservatives in these man made foods make it impossible for you to stay at a healthy weight. If you are serious about long term health and staying at an ideal weight you need to get back to eating a natural diet.

4. Your emotions control you

Don't worry, we all do it. Food becomes a comforter on those days that are just a little hard to get through. There is nothing more satisfying than driving to KFC for a big

packet of fries when we are feeling depressed or stressed. But if we are realistic, our emotions control us. And if you want to lead a successful and healthy life you need to turn that around, you need to control your emotions.

A lot of women are just never told that they are in control of their own mind. The emotions that arise and the feelings that depress you are nothing but your own thoughts that you can work on and control. Don't let your emotions control you, control your emotions. If you can do that you will eat a lot less of the food that makes you overweight.

5. You don't weight train

A lot of women are afraid of weight training because they think it will make them bulky. Well, as I say almost every post, it won't. In fact, weights will burn more calories than you can imagine, keep your metabolism cooking during the day and help to shape and tone your muscles. It is high time that the women of the world realized how beneficial weight training is for weight loss and muscle toning. If you can mix weight training with your cardio session you will, in a few short weeks, look better than you ever have before. Essentially you are turning your body into the perfect fat burning environment.

6. You watch too much TV

I reckon if you interviewed 1000 people about their post work habits 900 of them would say they spend the night watching the TV. And while I understand that TV is a great way to unwind after a hard day, I also understand that it is a complete waste of time. You get nothing done except for passing the hours. And you know one thing that is better for de-stressing and winding down? Exercise. An hour at the gym after work will do more for your happiness, productivity and relaxation than five hours of television.

If you are overweight I want you to take a look at how many hours of TV you watch per day. If it is more than one or two then it is time to turn off the box and get out and do something for your body. Don't waste your life away watching gossip and bad plots with a bigger tummy than you deserve.

7. You haven't read enough

Here it is. The final straw. Now I am attacking your education. Well, not really. The thing about this point is that most of the

information out there today is wrong. Most of what we are being told in the media about weight loss is just incorrect. For example, the idea that fat makes you fat. It doesn't. Some fats are 100% essential to your health. Without them you will end up sick and unhealthy. The sad thing is that I see so many women attempting to lose weight based on false information. They haven't done enough reading and as such they are suckered into the latest fad diet or the latest sound bite that they hear on some talk show.

If you are serious about weight loss you need to study. A lot. Don't just read this site either. Read studies that have been done by scientists and look at information that is independent - that is, it isn't trying to make anyone any money. And that doesn't necessarily mean Government studies either because, as happened Australia, one Govern-

But there is good news, 2% of people can lose weight and don't go back once they lose it. And it is my firm belief that that figure can go up and up with the right information. You see it is mostly about information because, like I mentioned, many of us are doing the wrong things to lose weight. This makes progress hard.

The main reason people revert back to their old weight is habit. We have been eating the wrong things and doing no exercise for such a long time that once we reach our ideal weight we go back to the old easier life. If this is what is happening and you aren't prepared to change your habits then there is nothing that can be done.

Some of the problems of being fat is because of eating disorder. Here are some myths and facts about eating disorder.



ment diet book was sponsored by the Beef industry. If you read a lot I guarantee you will discover a lot of diet mistakes that you have been making.

Why you won't change

Here is the clincher. Around 98% of people can't lose weight because of bad habits. And if they do, they revert back to their old weight within a year. This is a devastating statistic for many weight loss hopefuls out there. Science has shown that the human body gets "comfortable" with being overweight and struggles to lose it. When you starve yourself of calories you make it even worse because your body goes into "famine" mode and starts to store as much as it can.

Myth #1: SINCE WOMEN COLLEGE STUDENTS ARE USUALLY INTELLIGENT AND WELL-EDUCATED, THEY ARE A LOW RISK GROUP FOR EATING DISORDERS.

Fact: On the contrary, college women are a high-risk group. Reportedly, 5% to 20% of college females have eating disorders. "Middle-class adolescents and women in their twenties with a strong orientation toward academic achievement and a traditional lifestyle, including marriage, are most vulnerable. Many are highly intelligent, attractive in appearance, and capable of handling successful careers. Yet traditionally they have abnormally low self-esteem, a desire for perfection, and a sense of loneliness and isolation, and an obsession with

food as it relates to body weight"

While many women college students are expected to be competitive and successful, they also feel the demand to remain feminine and "desirable." Such demands may create conflicts and overwhelmed feelings. This may be a factor in why they develop problematic relationships with food: sometimes, restricting food intake to attain desirable slimness and femininity and sometimes, indulging in food to comfort emotional distress.

Myth #2: ONLY FEMALES HAVE EATING DISORDERS

Fact: Among the college student population, a reported 1% to 7% of male students suffer from eating disorders; among the general population, the estimate is 5%. Some research findings suggested that males and females with an eating disorder have similar clinical characteristics, such as an obsession with thinness, distorted body image, and emotional problems. They also share similar etiological factors, such as socioeconomic status, family dynamics, and a history of weight disturbance. Although men are considered a low-risk group for eating disorders, partly because they are not under as much social pressure to be slim and thin, we should be aware of the "Pursuit of Fitness" among many men. This may lead to obsessive-compulsive thinking and behaviors, low self-esteem, and distorted body image - characteristics of eating disorders.

Myth #3: "FATTISM" IS NONEXISTENT. FAT PEOPLE HAVE NO ONE TO BLAME BUT THEMSELVES.

Fact: Unfortunately, "fattism" is predominant in our society without our being aware of its existence. Like racism and sexism, fattism is a prejudice based on physical characteristics. Many of us consider fatness equivalent to laziness, dumbness, ugliness, self-indulgence, and lack of will power. Comments such as "Look at that disgusting fat slob with incredibly huge thighs!" or "If you could lose a few more pounds, you will look great!" are judgmental and unfair. "Fattism" implies narrow-mindedness and an inability to appreciate the variety of body shapes and sizes that are largely predetermined by biological factors such as age, gender, race, and heredity.

Myth #4: REPEATED WEIGHT-LOSS DIETING ENSURES PERMANENT WEIGHT CON-

TROL.

Fact: The fact is, repeated weight-loss dieting leads to higher and higher weight gains. Here are three reasons:

1) When the body is faced with constant deprivation, it automatically tries to conserve energy by slowing down the metabolism, instead of continuing to burn body fat. The longer people stay on low calorie diets, the longer it takes for their metabolism to return to normal. Thus, dieting predisposes people to rapid weight gains immediately following the loosening of food restriction.

2) Evidence indicates that when people lose weight, they lose fat and protein, but when they regain, they regain mostly fat.

3) When weight is lost, the fat cells shrink, but when weight is regained, fat cells multiply. These "fattening" effects of weight loss are referred to as "overcompensation" that may mean the intention and effort to lose weight become a "never-win" distress

Based on the statistics provided by the ANRED, Inc., after 2 years, 95% of dieters regain all their lost weight plus about 10 extra pounds; and after 5 years, 98% of dieters regain all their lost weight plus about 10 extra pounds.

Myth #5: WITH A SENSIBLE DIET AND A STRONG COMMITMENT, EVERYONE CAN BECOME AND REMAIN THIN.

Fact: This statement implies a couple of faulty assumptions as discussed in Kano's *Making Peace with Food* (1989). The first faulty assumption is that fatness is caused by lifestyle. The fact is that fatness most often is due to heredity and metabolism and not everyone can be as thin as they want to be, no matter how strong their commitment is. The second faulty assumption is that a sensible diet (i.e., a low calorie diet) can control weight gains. The fact is that such a diet may lead to more weight gain, as mentioned in Myth #4. Through a healthy diet and regular exercise, some weight loss may be expected; however, for most women, no matter how hard they try, they will always be heavier than "model thin." The truism here is that thinness is a prevailing unhealthy obsession in our society and we tend to mislabel thinness as "happy ever after."

Myth #6: EATING DISORDERS CANNOT BE FATAL.

Fact: Many of you have heard about people, such as the singer, Karen Carpenter, who have died of anorexia nervosa, and eating disorder characterized by self-starvation and weakened immunity and heart function due to undernutrition. Fatal dangers for both anorexics and bulimics include gastric ruptures; cardiac arrhythmias, and heart failure. Many other medical complications are not necessarily fatal, but can lead to permanent physical and neurological damages. For example, in an effort to reduce weight and maintain energy without eating, many individuals with eating disorders turn to laxatives and dieting pills. Side effects of inappropriate use of laxatives are dry skin due to dehydration, abdominal cramping, muscle cramps, and electrolyte imbalances which affect neurological functioning. Daily use of dieting pills may lead to rebound fatigue and hyperphagia, insomnia, mood changes, irritability, and when in extremely large doses, psychosis (Johnson & Connors, 1987).

of color may be as vulnerable as Caucasian women to developing eating disorders. Adolescents and young adults are a high-risk group, especially if they are achievement-oriented. Sports or artistic activities – such as wrestling, gymnastics, and dancing – that require careful maintenance of body weight often make people prone to eating disorders. Generally speaking, eating disorders can develop in any "ordinary" person. The good news is that eating disorders can be prevented and successfully treated.

Myth #9: BECAUSE PEOPLE WITH EATING DISORDERS TEND TO REMAIN SECRETIVE ABOUT THEIR EATING BEHAVIORS, IT IS EXTREMELY DIFFICULT TO DETECT AND HELP THIS POPULATION.

Fact: It is not uncommon for people to engage in bingeing and/or purging behaviors for years before their family or friends notice a problem. Learning about eating disorders may help to detect early warning

Based on the statistics provided by the ANRED, Inc., after 2 years, 95% of dieters regain all their lost weight plus about 10 extra pounds; and after 5 years, 98% of dieters regain all their lost weight plus about 10 extra pounds.

Myth #7: ONLY THOSE WHO ARE APPARENTLY UNDERWEIGHT OR OVERWEIGHT MAY HAVE OR WILL HAVE EATING DISORDERS.

Fact: Among women who have bulimia nervosa, about 70% of them are normal weight, 15% are underweight, and the other 15% are overweight (Johnson & Connors, 1987). This is to say, it is often inaccurate to judge if someone is okay simply by their appearance and weight. What is important to remember is that eating disorders are often characterized by a set of psychological symptoms: distorted body image, obsession with losing weight, distress over body size and shape, perfectionism, and emotional difficulties. These psychological symptoms are usually not reflected by weight status.

Myth #8: ONLY THE MENTALLY ILL WILL DEVELOP EATING DISORDERS.

Fact: The cause of eating disorders is believed to be a combination of biological, psychological, and socio-cultural factors. To date, we know women are much more likely to have eating disorders than men. Women

signs including frequent use of bathrooms right after meals, vigorous exercise, preoccupation with body weight and constant weighing. Knowledge about medical complications, such as hair loss, complaints of sore throat and bloating stomach, fatigue and muscle weakness, tooth decay, and edema, can help to identify this disorder. Because so much shame and guilt is involved, acknowledging the problem can be very terrifying. Direct and supportive communications as well as consultation and help from professionals (such as physicians, psychiatrists, psychologists, counselors, and nutritionists) often lead to the successful initiation of the treatment and recovery process. (asp) ⁷⁽¹⁵⁾

<http://www.css.edu/Administration/Health-and-Well-Being/Eating-Issues/Myths-and-Facts.html>

<http://www.sciencedaily.com/releases/2008/10/081005203055.htm>

http://www.associatedcontent.com/article/5764898/six_reasons_obese_women_are_aid_pg2.html?cat=50

<http://freewomensfitness.com/7-reasons-you-are-fat-and-why-you-wont-change-over-weight/>